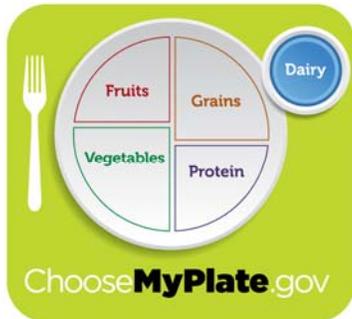




WELLNEWS

JUNE 2012

Why Choose Foods from the Dairy Group?



All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

Health Benefits and Nutrients

Consuming dairy products provides health benefits — especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

- Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.

Nutrients

- Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- Diets rich in potassium may help to maintain healthy blood pressure. Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.
- Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.

Tips for Making Wise Choices in the Dairy Group

- Include milk or calcium-fortified soymilk (soy beverage) as a beverage at meals. Choose fat-free

- or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.
- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- Top casseroles, soups, stews, or vegetables with shredded reduced-fat or low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.



Personalized Care

Source: <http://www.choosemyplate.gov/food-groups/dairy-why.html>

Safe Grilling Tips

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your **grilled food** reaches the table **safely**.



Safe Temperature Chart	
Food	Temperature
Steaks and roasts	145° F
Fish	145° F
Pork	160° F
Ground beef	160° F
Egg dishes	160° F
Chicken breasts	165° F
Whole poultry	165° F
Shrimp, lobster, and crabs	Cook until pearly and opaque
Clams, oysters, and mussels	Cook until the shells are open

- Marinate safely.** Marinate foods in the refrigerator - *never* on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, *reserve a portion separately* before adding the raw meat, poultry, or seafood. **Don't reuse marinade.**
 - Cook immediately after "partial cooking."** If you partially cook food to reduce grilling time, do so *immediately before* the food goes on the hot grill.
 - Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.
 - Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Source: www.fda.gov

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at: <http://search.active.com/?tab=events>



Roasted Corn with Basil-Shallot Vinaigrette



4 servings, about 1/2 cup each
Active Time: 15 minutes **Total Time:** 40 minutes

Ingredients

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced shallot
- 1 tablespoon red-[wine vinegar](#)
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Preparation

Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.

Nutrition

Per serving: 165 calories; 8 g fat (1 g sat , 6 g mono); 0 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 4 g protein; 3 g fiber; 163 mg sodium; 332 mg potassium.

Nutrition Bonus: Vitamin C (15% daily value).

Carbohydrate Servings: 1 1/2
Exchanges: 1 1/2 starch, 1 1/2 fat

Source: www.eatingwell.com