



DAIRY FOODS: PROVIDING ESSENTIAL NUTRIENTS & PROMOTING GOOD HEALTH THROUGHOUT LIFE

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Why Are Dairy Foods So Important?

- Provide a good source of nine essential nutrients (calcium, niacin, phosphorus potassium, protein, riboflavin, and vitamins A, D, and B12).
- Reduce the risk for developing osteoporosis. Calcium builds and strengthens bones to prevent the weakening of your bones as you age.
- Calcium, potassium, and magnesium found in dairy foods, combined with a diet low in fats and sodium, have been linked to the maintenance of healthy blood pressure. Hypertension, or high blood pressure, may increase the risk for cardiovascular disease and stroke.

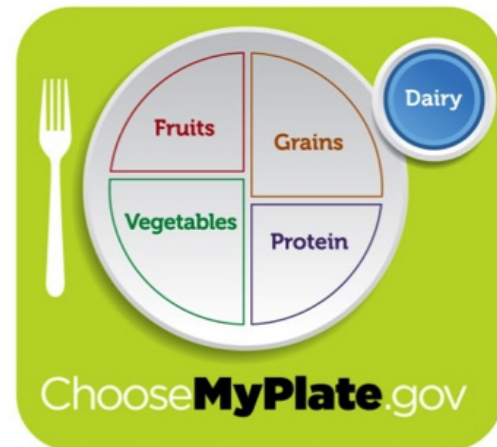
- **Yogurt:** fat-free, low fat, reduced fat, whole milk yogurt
- **Calcium-fortified soymilk** (soy beverage)

Tip: What about cream cheese?

Regular cream cheese, cream and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

What Foods are Included in the Dairy Group?

- **All fluid milk:** skim, low fat (1%), reduced fat (2%), whole milk, flavored milks, lactose-reduced milks, lactose-free milks
- **Instant nonfat dry milk**
- **Milk-based desserts:** pudding, frozen yogurt, ice cream, ice milk
- **Cheese:** hard natural cheeses (cheddar, mozzarella, Swiss, Parmesan), soft cheeses (ricotta, cottage cheese), processed cheeses (American)



How Much Food from the Dairy Group Do You Need A Day?

The amount of food from the Dairy Group you need a day depends on your age. Recommended daily amounts are shown in the table below:

Daily Recommendation		
Children	2-3 years old	2 cups
	4-8 years old	2½ cups
Boys and Girls	9-18 years old	3 cups
Women and Men	19-51+ years old	3 cups

What Counts as a Cup in the Dairy Group?

1 cup of milk (all fluid milk), soy milk (soy beverage) or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese, ⅓ cup of shredded cheese, or 2 cups cottage cheese can be counted as 1 cup from the Dairy Group.

Why is it important to make fat-free or low-fat choices from the Dairy Group?

Much of the fat in milk and dairy foods is saturated fat. Saturated fat may increase cholesterol in the blood, which increases your risk of a heart attack or stroke. For example, whole milk has 8 grams of fat (5 grams of saturated fat) compared to low fat (1%) milk which has 2.5 grams of fat (1.6 grams of saturated fat) per cup. Skim milk has no fat, however it retains the same vitamins and minerals as full fat milks; if you are trying to reduce your daily intake of fat, switch to a fat-free or low-fat (1%) milk.

Tips for Making Healthier Choices from the Dairy Group

- Check labels of dairy products for fat content.
- If you drink whole milk, switch gradually from whole milk to reduced fat (2%), then low-fat (1%), and finally fat-free (skim) milk. [2]
- Spend less! Try nonfat dried milk: To prepare instant nonfat dry milk, combine ⅓ cup nonfat dry milk with 1 cup water and mix well.
- Use fat-free or low-fat milk when making creamy soup (see recipes below).
- Top cut-up fruit or granola with low-fat or fat-free yogurt for a quick dessert.
- Top fruit salads and baked potatoes with low-fat plain yogurt instead of higher fat toppings such as sour cream.

Keep your food safe!

Refrigerate dairy products at a temperature below 40°F. If dairy products have been left out for more than 2 hours at temperatures above 40°F, discard them.

About Lactose Intolerance

Some people have difficulty digesting lactose (the sugar in milk) and may experience nausea, bloating, cramping, and running stools. Their bodies are not able to digest and absorb lactose. Lactose intolerance is the term used to describe these symptoms [3]. Misconceptions regarding lactose intolerance can lead to unnecessary avoidance of milk and dairy foods, which may affect your healthy eating. Your doctor can run tests to see if you are lactose intolerant.

Lactose intolerance does not mean that you must eliminate milk and other dairy foods from your diet. Each individual needs to determine how much milk and other dairy foods can be tolerated. These people can sometimes handle small amounts of milk or yogurt in a meal with other foods.

Talk with your doctor or dietitian about your dairy food choices.

Golden Soup (7-8 servings)

This squash soup is an easy and delicious recipe using low-fat or skim milk.

Total cooking time: 30 minutes

Estimated cost to make: ~\$5

Ingredients (makes 7-8 servings)

- 2.5 cups kabocha squash (or sugar pumpkin), seeds removed and sliced
- 1.5 cups butternut squash, sliced
- 1 medium yellow onion, sliced
- 1 medium carrot, sliced
- 2 ½ cups low-sodium chicken broth (or water or vegetable broth)
- 2.5 cups 2% milk (or fat free milk)
- 2-3 Tbsp. olive oil
- 3 garlic cloves, chopped
- Salt and pepper (optional)

Directions:

1. Slice kabocha squash, butternut squash, onion, carrot, and garlic. Set to the side.
2. Heat a large pot up to medium heat and sauté onion with olive oil until golden brown; then add all the chopped ingredients into the large pot.
3. Cover the pot with a lid and cook for 4-5 minutes or until vegetables are tender or easily pierced with a fork.



Nutrition Facts	
Serving Size: (302g)	
Servings Per Container: 7	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.0g	10%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 85mg	3%
Total Carbohydrate 17g	5%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 7g	
Vitamin A 220%	Vitamin C 30%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: MILK, REDUCED FAT, FLUID, 2% MILKFAT, PROTEIN FORTIFIED, WITH ADDED VITAMIN A AND VITAMIN D, SOUP, CHICKEN BROTH, LOW SODIUM, CANNED, PUMPKIN, RAW, SQUASH, WINTER, BUTTERNUT, RAW, ONIONS, RAW, CARROTS, RAW, OIL, OLIVE, SALAD OR COOKING, GARLIC, RAW

CONTAINS: MILK



- Transfer the ingredients into a blender or food processor; blend until smooth and creamy (add a little chicken broth during blending, if needed).
- Transfer the soup back into the original large pot and cook on low heat while adding the rest of the chicken broth.
- Cook for about 5-10 minutes, add milk at the end and mix well.

Kabocha

Kabocha squash is often referred to as a Japanese pumpkin. You can usually find them at Asian markets, and the farmers' market. Kabocha squash is high in beta carotene, vitamin C, vitamin B and more. It has an exceptional naturally sweet flavor, even sweeter than butternut squash. It is similar in texture and flavor to a pumpkin and a sweet potato combined. Kabocha has a thick skin that is tough to cut through. Skin (cooked) is edible and high in fiber

References

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<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>
3. Farrell VA, Abbott JM. (2011) Milk Upsets My Stomach. [AZ 1297. Revised 01/11] Tucson, AZ: University of Arizona Cooperative Extension.

Abstract

Dairy foods including milk, yogurt, cheese, and fortified soymilk provide nine essential nutrients that both children and adults can enjoy. The Dietary Guidelines for Americans recommend consuming 3 cups per day of fat-free (skim), reduced fat (2%), low fat (1%), or equivalent milk products for healthy adults and children 9 years of age and older. We describe healthy ways to incorporate daily foods into the diet. Delicious and easy recipes using skim milk are also included.



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