



Exploring MyPyramid with Professor Popcorn

Get Your Calcium-Rich Foods!

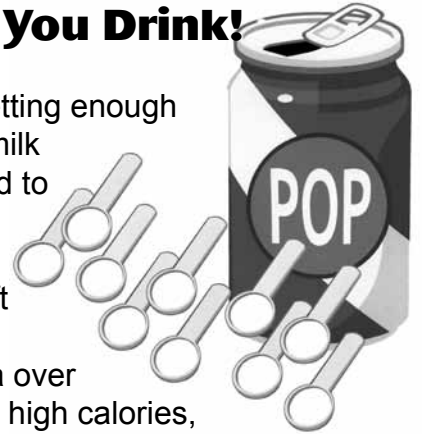
Dear Parents or Caregivers,

In this lesson your child learned about the benefits of milk. Milk group foods are the total package of many essential nutrients. One important nutrient is calcium which helps build strong bones and teeth. Research shows calcium may help reduce high blood pressure, help to prevent certain types of cancer, and maintain a healthy weight. Some foods that are part of the milk group are yogurt, milk, cheese, ice cream, flavored milk, and cottage cheese.

Sincerely,

Think Before You Drink!

Most of us are not getting enough of the nutrients that milk provides and it's hard to meet our calcium needs without it. Often we select a soft drink in place of milk. When we pick a soda over milk we are choosing high calories, sugar, sodium, and no nutrients. In one 12 ounce can of soda there are 10 teaspoons of sugar.



Choosing milk provides us with 9 essential nutrients:



- protein
- potassium
- phosphorus
- vitamins A, B₁₂, and D
- riboflavin
- niacin
- calcium

Three A Day for Stronger Bones™

How much milk do you need each day?

Children 2-8 years old need 2 cups of milk every day.
Children 9 years and older need 3 cups of milk every day.

Adults need 3 cups of milk every day.

1 half-pint container of milk =
1 cup of milk



1 ½ ounces of hard cheese =
1 cup of milk



1 (8 ounce) container of yogurt =
1 cup of milk



2 cups cottage cheese =
1 cup of milk



1 ½ cups of ice cream =
1 cup of milk

Step 4

Milk Group
Get your calcium-rich foods

Tips for Parents:

- Stock up on foods that are high in calcium, like milk, cheese and yogurt.
- Drinking milk sets a good example for kids.
- Offer chocolate or strawberry milk for a quick snack.
- Serve chocolate or vanilla pudding made from milk for dessert.
- Choose low-fat milk products whenever possible.
- Drink milk at meals.
- Order a milk at the drive-through instead of a soft drink.
- Add cheese to a sandwich.
- Sprinkle shredded cheese on a salad or baked potato.



Fruit and Yogurt Parfait

Serves 4

1 can (15 ounces) Tropical Fruit Salad
1 carton of your favorite fruit-flavored yogurt
Granola

Spoon $\frac{1}{2}$ cup of fruit into a clear dessert cup. Top with 2 tablespoons yogurt and 2 tablespoons granola.

Nutrition Facts: One serving provides 160 calories, 2g total fat, 5mg cholesterol, 50mg sodium, 34g total carbohydrate



Orange Smoothie

Makes three $\frac{1}{2}$ cup servings

1. Pour $1\frac{1}{2}$ cups low-fat or skim milk into large deep bowl.
2. Add a 6-ounce can frozen orange juice concentrate, softened, and $1\frac{1}{2}$ cups water.
3. Beat with hand egg beater.
4. Mix well, until the mixture is foamy. Serve immediately.

Note: You can substitute ice cubes for part of the water and blend in a blender for a thicker Smoothie.

Nutrition Facts: One serving provides 150 calories, 0g total fat, 0mg cholesterol, 55mg sodium, 33g total carbohydrate

Resources: <http://www.mypyramid.gov>; Professor Popcorn, Purdue University; www.3aday.org, National Dairy Council.

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