MiPlato
ChooseMyPlate.gov

Milk, Instant, Nonfat Dry

MyPlate Food Group: Dairy

USDA Foods

Nutrition Information

- Dairy is milk, cheese, and yogurt.
- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.
- Nonfat milk contains the same amount of protein, calcium, and vitamins as whole milk but it does not have any fat and fewer calories.
- For specific information about nonfat dry milk, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- To make milk, simply add dry milk powder with cold water and mix well. To make 1 cup of milk, add ⅓ cup of powder to one cup of water. To make 1 quart of milk, add 1⅓ cup milk powder to 4 cups of water.
- Try adding 1 or 2 tablespoons of nonfat dry milk powder to smoothies, shakes, creamy soups, or hot cereals to boost the protein, calcium, and vitamins without adding any extra fat.
- Use nonfat dry milk powder as a healthy, affordable coffee creamer.
- To enhance the taste, prepare the milk in advance and chill in the refrigerator for at least an hour.

Storing Foods at Home

- Once prepared, milk should be stored in a covered container and kept in the refrigerator. Check the container label for more information on how long to keep prepared milk.

MyPlate Facts

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.

USDA Foods

Peanut Butter Balls

Makes 12 servings (2 balls per serving)

Ingredients:

½ cup peanut butter
½ cup nonfat dry milk powder
2 tablespoons honey
¼ cup raisins (optional)
1½ cups flake cereal

Directions: *Wash hands with soap and water.*

1. Mix all ingredients except cereal in large bowl. Chill the mixture in the refrigerator for an hour.
2. Place cereal in re-sealable bag and crush into crumbs using hands, cup, or rolling pin.
3. Form peanut butter mixture into 1-inch balls and roll in crushed cereal.
4. Store peanut balls in an airtight container or re-sealable bag.

Nutrition Facts

12 servings per container	
Serving size	**2 balls (25g)**
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Total Sugars 8g	
Includes 3g Added Sugars	**6%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 161mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from University of Tennessee Extension

Peach Cooler

Makes 1 serving

Ingredients:

⅓ cup nonfat dry milk
1 cup frozen peaches, chopped
½ cup cold water
½ cup orange juice (or juice from 1 orange)

Directions: *Wash hands with soap and water.*

1. Put all ingredients into a blender.
2. Blend until the liquid is smooth.
3. Pour into a glass and enjoy.

Nutrition Facts

1 servings per container	
Serving size	**1 cup (460g)**
Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 140mg	**6%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 1g	**4%**
Total Sugars 42g	
Includes 0g Added Sugars	**0%**
Protein 12g	
Vitamin D 0mcg	0%
Calcium 359mg	30%
Iron 0mg	0%
Potassium 764mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from FoodHero.org

These recipes have not been tested or standardized.