June – National Dairy Month

Originally called National Milk Month and celebrated from June 10 to July 10, 1937, our nation began its tradition of recognizing the importance of the dairy industry. National Dairy Month, as it has been known since 1939, is now celebrated in June of each year.

Dairy products are tasty and nutritious. Calcium, Vitamin D and Protein are the three most widely known nutrients in dairy products, but most milk products contain up to 16 nutrients, including Vitamin B12, Riboflavin, Vitamin A, Potassium, and more.

Dairy foods provide critical nutrients that help improve children’s overall diet and health. National Dairy Council offers valuable information and resources designed to help health care professionals, school nutrition professionals, and teachers ensure that children 9 years of age and older get the Dietary Guidelines for Americans’ recommended three servings of low-fat and fat-free dairy foods every day.

We have added a couple of “dairy” recipes in this newsletter to give you just two more ways to serve up an extra portion of dairy to your family.

* - See more at: http://www.nationaldairycouncil.org/ChildNutrition/Pages/ChildNutritionHealthEducationKit.aspx#sthash.JAd3UcfM.dpuf
Tips for Tolerating Lactose

Everyone can digest some lactose. For those who are lactose intolerant, the most important factor to consider when drinking milk is dose: how much milk at a time and how you drink it.

Drink 8 ounces (one cup) or less of milk with a meal.
Research suggests that you will tolerate milk fairly well if it is 8 ounces (one cup) or less. Drink a small serving of milk with a meal — such as over a bowl of cereal or with dinner — and it will be better tolerated than on an empty stomach. Drinking milk with a meal will improve digestion by three times as compared to drinking the milk by itself.

Train your body to adapt.
Research indicates the amount of lactose you can tolerate can be changed. For some people, one cup might be too much to tolerate when introducing milk back into the diet. Start with a small amount, such as a quarter cup at meals. After a few days, increase to a half cup with meals. After a week or two, increase to a cup, but don’t go beyond that. By doing this, you will train your intestinal bacteria to aid the digestion of lactose, and this will help eliminate symptoms of lactose intolerance. Drink a small amount of milk once or twice a day, and you will keep your bacteria trained and further enhance your body’s ability to digest milk.

Have a Backyard Bash on Your Budget *

Well, it’s here folks – Summertime. This time of year is great for hosting outdoor get-togethers with family and friends. Even if money is tight, you can still have a fun and budget-friendly gathering. We’re offering a few ideas that may take a little more work, but will be more worth.

Many people still like receiving cards or notes inviting them to gatherings, but with new technologies, a lot of our friends and neighbors are very comfortable receiving invitations via phone texts messages e-mails, or posted on other social media sites. This not only saves the cost of paper invitations, but also eliminates the cost of postage.

This time of year, you can find many fresh fruits and vegetables which will make them a little less expensive than trying to find them off-season. Not only are these foods healthy, they can be colorful, edible, decorations.

Keep foods simple. The less time spent preparing foods and then having to clean up afterwards, the more you can enjoy your guests.

Seating is often a problem for large gatherings. You don’t need to spend a small fortune renting outdoor furniture from one of those big-box companies when you have much more conservative options. Ask friends and family to bring chairs. Some Churches will loan chairs for such an occasion. In smaller towns and communities organizations such as schools, lodges and civic groups have chairs and tables that they don’t mind loaning or may “rent” for minimal costs.

Stick with simple, colorful décor. Check out the dollar store for supplies and get creative. You also could take out and string up holiday lights for evening shindigs. Gather ideas from the internet, magazines, even television networks that you can create using inexpensive items you may already have.

Host a potluck get-together. You provide the main dish and drinks. Your guests can bring the sides, salads, and desserts.

Say yes to guests who offer to bring something.

Always, always, keep food safety in mind. If you have the best party, and someone goes home with a food-borne illness, people won’t remember the good time they had, only that you served someone up food poisoning.
Healthy Habits Keep You Fit *

Exercise every day, if you can – even if you only have a few minutes. A short stint of activity is better than none at all. Five or 10 minutes of walking can make a difference for your physical and mental health.

1. Variety is the spice of life – and fitness. Keep yourself from getting bored (and giving up) by mixing up activities. Do yoga one day and walk or jog the next. Throw in some strength training.
2. Don’t wait for a special occasion to get in shape. Many people take up physical activity to lose weight or tone certain areas to look good for a special occasion, such as a wedding or class reunion. Once the day has passed, so do their exercise efforts. Make fitness a lifestyle habit.
3. Focus on how you feel, not necessarily on how you look. Think of physical activity as a way to help you to have increased energy to sleep better and to feel more positive, not to fit into a certain clothing size. Having the proper mindset may make it easier to stick to your fitness routine and not become discouraged when you don’t see physical changes.

One more additional hint for getting appropriate exercise is to “bring the gym” to your home, office, or even your hotel room. Stream a fitness class right to your computer or TV – if it has Internet access.

A quick online search of “live-stream fitness classes” will give you several options from which to choose, depending on your interests, time and budget.

The Cooperative Extension Service has publications on “Deskercise”. You can bring your exercise right to your office. These fact sheets offer suggestions for simple activities that you can do right at your desk.

* - Article(s) originally from UMR “Healthy Living” publication, Vol 35, No 6.

The mention of any commercial product does not imply its endorsement by the University of Arkansas Division of Agriculture over other products not named, nor does the omission imply that they are not satisfactory.

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Luscious Licuado

Makes 2 Servings; Prep Time: 3 min; Cook Time: 3 min

**Ingredients**

- 2 cups milk
- 1 cup fresh or frozen berries, such as strawberries, blueberries or raspberries
- 1 ripe banana, sliced
- 3 teaspoons sugar or artificial sweetener
- 2 tablespoons orange juice concentrate
- 1 cup ice

Place all ingredients in a blender or food processor. Blend until smooth. Serve chilled. Extra portions can be refrigerated or frozen for a fast, healthy snack.

**Nutritional Facts**

- Calories: 220
- Fat: 4 g
- Saturated Fat: 2 g
- Cholesterol: 15 mg
- Sodium: 95 mg
- Protein: 8 g
- Calcium: 25% Daily Value (DV)
- Carbohydrates: 42 g
- Fiber: 4 g

Creamy Brown Rice and Vegetable Pilaf

Makes 3 Servings; Prep Time: 10 min; Cook Time: 30 min

**Ingredients**

- 2 cups water
- 1 cup brown rice
- 1/2 cup carrot, peeled, diced
- 1/2 cup celery, trimmed, diced
- 1/2 teaspoon salt
- 1/2 cup [4 ounces] low-fat Colby cheese, shredded
- 1 cup non-fat Greek yogurt
- 1 tablespoon Green onion, sliced

1. In a small sauce pan, combine water, brown rice, carrot, celery, and salt.
2. Bring to a boil over high heat; reduce heat to medium-low, cover and simmer for 30 minutes.
3. Remove from heat, stir in Colby cheese and Greek yogurt.
4. Serve garnished with green onion.

**Tip:** Red chili flakes, hot sauce or jalapeños may be added for a spicy kick.

**Nutritional Facts:**

- Calories: 320, Total Fat: 4.5 g, Saturated Fat: 2 g, Cholesterol: 10 mg,
- Sodium: 670 mg, Calcium: 25% DV, Protein: 17 g, Carbohydrates: 53 g, Dietary Fiber: 3 g
Mac and Cheese Casserole Cups

Ingredients

- 3 cups skim milk
- 2 1/2 tbsp all-purpose flour
- 6 ounces (1 1/2 cups) reduced-fat, mild shredded Cheddar cheese
- 3/4 cup light shredded Mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 8 ounces elbow macaroni, cooked and drained

Preheat oven to 350ºF. In medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add the remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens. Add 1 cup of the Cheddar, Mozzarella and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved 1/2 cup shredded Cheddar. Bake 15 minutes or until golden brown. Let cool for 5 minutes before serving.

Nutritional Facts: Calories 260  Total Fat 10 g  Saturated Fat 6 g  Cholesterol 30 mg  Sodium 440 mg  Calcium 40% DV  Protein 18 g  Carbohydrates 22 g  Dietary Fiber 1 g

Easy, Cheesy Calzone

Ingredients

- 16 ounces prepared pizza dough
- 1/2 cup pizza sauce
- 2 cups shredded part-skim Mozzarella
- 3 cups cooked, chopped broccoli, drained
- 1 tablespoon butter, melted

1. Preheat oven to 400°F.  
2. Grease a baking sheet.  
3. On a lightly floured surface, roll dough to form a 9"x 14" rectangle, about 1/4" thick. Transfer to prepared baking sheet.  
4. Spread pizza sauce over half of the dough. Sprinkle cheese over entire piece of dough to within half inch of all of the edges.  
5. Layer broccoli on one half of the 14” side (the long side) of the dough. Fold dough in half over the cheese and broccoli filling.  
7. Bake for 20-25 mins, or until crust is lightly browned. Allow to cool for 5 minutes before cutting.

Nutritional Facts: Calories: 325; Fat: 10 g; Saturated Fat: 4 g; Cholesterol: 20 mg; Sodium: 271 mg; Calcium: 20% DV; Protein: 20 g; Carbohydrates: 38 g