BENEFITS OF DAIRY

Dairy products provide protein, vitamins and minerals. Milk, yogurt and cheese are the best sources of calcium. Calcium is just one good reason to enjoy milk and other dairy foods. Calcium from foods helps our bones develop and become stronger. However, dairy foods also contain vitamin A and vitamin D. Vitamin D is important because it helps your body absorb calcium from food and helps deposit it into your bones. The average healthy person needs 3 cups from this food group per day.

Calcium is the most abundant mineral in the body. Most of the body’s calcium is used for strengthening bones and teeth. The rest of this hard-working mineral is found throughout the body and regulates processes such as muscle contraction and relaxation (including the heart muscle), blood clotting and the cell division needed to make new cells and tissues.
GET MOOOOving . . . Take a Step or Two

Have a hard time fitting exercise into your daily schedule? Research shows that activity can be spread out throughout the day with about the same benefit as doing all 30 minutes or more at one time. A pedometer can monitor your daily activity by counting the number of steps you take in a day. A program called 10,000 Steps was designed to increase lifestyle activity in adults. Each person wears the pedometer on his/her waistband to measure the number of steps taken in a day. An inactive person generally takes between 2,000-4,000 steps; a moderately active person takes 5,000-7,000 steps each day; and an active person takes at least 10,000 steps each day. The objective of the program is to gradually progress to a goal of 10,000 steps in a day, which is about 5 miles. The pedometer acts as a motivator, letting you know throughout the day how active or inactive you’ve been. It also helps you figure out what activities require more steps and how you can meet your daily goals.

DID YOU KNOW . . . ?

✓ Flavored milk is more nutritious than soft drinks and kool-aid.

✓ The average cow produces 16,915 pounds of milk in a year.

✓ At age 35, bones stop growing in strength.

✓ A cow stomach is made up of four parts.

✓ California is the state that makes the most ice cream.

✓ Flavored milk has the same calcium and protein as white milk, but it may contain more sugar and calories.

✓ 99% of your bones are calcium.

WHAT’S IN A 1 CUP PORTION?

Everyone over the age of 8 needs 3 cups of milk (or the equivalent) each day. 1 cup equals: 1 cup low or no fat milk, 1 1/2 ounces natural cheese, 2 ounces processed cheese or 1 cup yogurt.
FAMILY ACTIVITY

Make Moo Masks with your children. You will need one large dinner-sized paper plate and two small dessert paper plates. Cut one of the dessert plates in half. Put the large plate for the mouth, the small plate for its head and the cut small plates with straight parts facing each other as the ears. Staple or glue the plates together. Cut holes for the eyes. Then add nostrils, spots, or any other decoration you desire. Attach a string to both sides of the mask. As a family do a play in which each of you talk about a product made from cows that you like.

Sundae Supreme

2 tablespoons of melted margarine                                             Milk
1  ½ cups graham cracker crumbs                                            Bananas
16 oz. can of pineapple                                                        Cherries
2 (3 oz.) boxes instant banana cream pudding                                Nuts
1 12 oz. cool whip

1. Crush graham crackers into very fine crumbs.
2. Melt 2 tablespoons of margarine in microwave.
3. Mix crushed graham crackers and margarine and place in the bottom of the 9X13 glass pan.
4. Pre-heat oven to 350° and heat graham cracker layer for 3 minutes.
5. Make pudding according to box directions.
6. Drain pineapple.
7. Pour pudding over graham cracker layer.
8. Slice bananas and layer on top of pudding.
9. Pour the drained pineapple over the bananas.
10. Spread cool whip on top of pineapple.
11. Decorate with cherries and nuts.