

Fun Food News

1% Low Fat Milk: Important at Any Age

Most of us drank milk when we were kids. We were told that milk was very important for growing bones. But older adults need extra calcium and vitamin D to keep bones strong too. 1% low fat and fat free milk will give you just as much calcium and vitamin D as whole milk, but less fat for a healthy heart. Although drinking milk is important for all age groups, it becomes most important for those entering their senior years.

Consider today returning to the childhood habit of drinking milk. You and your bones will be glad you did.

For Seniors Making the Change

Make a gradual change:

1. From whole milk to 2% milk
2. 2% to 1% low fat milk
3. 1% low fat to fat free milk

For enough calcium and vitamin D choose three of these per day:

- 1 cup of low fat milk
- 1 cup low fat yogurt
- 1½ ounces low fat hard cheese
- ⅓ cup shredded low fat cheese
- 2 cups low fat cottage cheese

For Seniors on the Move

Regular physical activity keeps bones strong and hearts healthy. Try walking, riding a bike or even dancing. Be sure to be active every day.

Stretch Your Food Dollars

- Mix 1 quart of powdered skim milk and water. Add to 1 quart of 1% milk.
- Add 1 tablespoon lemon juice or vinegar and enough 1% milk to make 1 cup of buttermilk.

For more healthy tips and recipes, please visit eatwellbewell.org or call 1-800-695-3335.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Quick and Easy Lasagna

Makes 8 servings

Ingredients:

- 1 cup chopped onion
- ½ pound lean ground beef
- 1 can (16 oz) tomatoes
- 1 can (6 oz) tomato paste
- 1½ cups water
- 1 teaspoon garlic powder
- 2 cups cooked egg noodles
- 1 cup low fat (1%) cottage cheese
- ⅓ cup grated parmesan cheese

Instructions:

1. Wash hands with warm water and soap.
2. Wash fresh produce before preparing.
3. Chop onion.
4. Cook beef and onion in a large frying pan until beef is brown and onion is tender.
5. Drain off excess fat in a small bowl.
6. Add tomatoes, tomato paste, water and garlic powder to the beef and onions. Bring to a boil and simmer until sauce is thick.
7. Cook noodles in a saucepan according to package directions. Drain.
8. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
9. Mix cheeses together and drop by spoonfuls into the frying pan.
10. Cover and heat over a low heat for about 5 minutes or until internal temperature is 165°F.
11. Serve immediately.

Nutrition information per serving: calories, 234; carbohydrates, 29gm; protein, 16gm; fat, 5gm; saturated fat, 2gm; trans fat, 0.1gm; cholesterol, 54mg; fiber, 2gm; sodium, 353mg; calcium, 101mg; folate, 69 mcg; iron, 2mg; percent calories from fat, 21%.

Adapted from Eating Right is Basic.

Liquid Gold

Makes 2 servings

Ingredients:

- 2 cups orange juice
- ⅔ cup instant dry milk
- 2 teaspoons sugar
- 1 teaspoon vanilla

Instructions:

1. Wash hands with warm water and soap.
2. Combine all ingredients in covered container (jar with lid) and shake until blended.
3. Serve in a glass.
4. Add ice cubes if you like it cold.

Nutrition information per serving: calories, 217; carbohydrates, 44gm; protein, 8gm; fat, 0gm; saturated fat, 0gm; trans fat, 0gm; cholesterol, 3mg; fiber, 0gm; sodium, 126mg; calcium, 303mg; folate, 0mcg; iron, 0mg; percent calories from fat, 0%.

Cheese Stuffed Potatoes

Makes 4 servings

Ingredients:

- 4 baking potatoes (8 oz each)
- 2 cups low fat (1%) cottage cheese
- 2 tablespoons 1% low fat milk
- 2 tablespoons onions, finely chopped
- ¼ teaspoon chili powder

Instructions:

1. Wash hands with warm water and soap.
2. Scrub potatoes.
3. Preheat oven to 400° F.
4. Place potatoes in oven and bake until tender* (about 30-40 minutes).
5. Slice each potato in half, lengthwise. Using a spoon, scoop out pulp, leaving about ¼-inch thick shells. Save potato pulp.
6. Blend cheese, milk and onion.
7. Add potato pulp; mix until light and fluffy.
8. Fill potato shells with mixture.
9. Sprinkle chili powder over potatoes and serve.

*Potatoes can be cooked in microwave oven instead. Cook on high heat for 5-10 minutes until tender. Pierce potatoes with fork before cooking, and cover potatoes with waxed paper or paper towel.

Nutrition information per serving: calories, 248; carbohydrates, 41gm; protein, 19gm; fat, 2gm; saturated fat, 0.8gm; trans fat, 0gm; cholesterol, 5mg; fiber, 4gm; sodium, 482mg; calcium, 106mg; folate, 63mcg; iron, 2mg; percent calories from fat, 5%. Adapted from the USDA's 'Recipes and Tips for Healthy, Thrifty Meals'