



New Horizon Foods Nutrition News

May 2016 Edition

June is Dairy Month!!!



Dairy foods taste great, are good for your health, and they are easy on your budget. Plus, they are produced by dairy farmers with a long-standing commitment to sustainability.

Check out the answers to these common questions for a better understanding of why dairy makes sense.

What nutrients do dairy foods provide? Together, milk, cheese and yogurt provide a unique package of essential nutrients that can include calcium, potassium, phosphorous, protein, riboflavin, niacin as well as vitamins A, D and B12. Dairy's nine nutrients keep the body in optimal health by repairing muscle tissue and maintaining healthy red blood cells.

Are dairy foods a good source of protein? Yes. Protein is a powerhouse nutrient for our bodies. It keeps us feeling

fuller longer, helps us build strong muscles, strengthens our immune system and regulates metabolism as we age.

Dairy foods are a tasty, convenient and affordable way to boost protein intake throughout the day.

Milk provides 8 grams of high quality protein – compared to the 1-gram of protein almond and other non-dairy drinks may provide. Cheese is another high-protein snack that's easy to eat on-the-go, and provides our bodies with calcium, phosphorus and vitamin A.

What are the recommended servings of milk and dairy products a person should consume each day? Dietary Guidelines call for families to increase their intake of low-fat or fat-free milk, cheese and yogurt, with a goal of three servings daily for those ages nine and older.

The guidelines are published by the USDA and the U.S. Department of Health and Human Services. The science-based report states that 85 percent of Americans fall short of the current dairy recommendations. Most Americans need just one more serving of dairy a day to meet the guidelines.

DAIRY TRIVIA

Milk is the top food source for which 3 key nutrients?

How many nutrients does milk contain?

How long does it take for milk to travel from the farm to your store on average?

How many pounds of milk does it take to make one pound of butter?

(See end of newsletter for answers.)

Get Involved in Your Community

Get involved in your community! Helping and being a part of something positive is a great way to relieve stress!

Volunteer at a local farm

Shop at a local farmer's market to support all farmers

Volunteer to help farmers sell produce at a local stand



RECIPE

Orange Cream Chiller

Yield: Make 2 servings

Total Time: 10 mins

Nutritional Facts Per Serving

- Calories 140
- Total Fat 7g
- Cholesterol 10mg
- Sodium 330mg
- Carbohydrates 13g
- Dietary Fiber 2g
- Protein 7g (3.8g from dairy)
- Calcium 15% Daily Value

Recipe by: Kay Klassen

*One sip and you'll be whisked away to summer. This **orange cream chiller** is rich in calcium and Vitamin C – a great pick-me-up for any time of day.*

Ingredients

- 3 ounces orange juice concentrate
- 1 cup low-fat milk
- ½ cup nonfat Greek-style plain yogurt
- frozen banana or 3 frozen strawberries
- 1 teaspoon honey
- ½ teaspoon vanilla extract

Directions

Place all ingredients in a blender. Blend until smooth. Serve immediately or store in refrigerator.

**Lactose Intolerant? Try
LACTOSE – FREE MILK!**

It is real cow's milk only without the lactose.

**Trivia Answers: Calcium, potassium, & Vitamin D.
9 nutrients. 48 hours. 21 pounds.**

