



## August 2017 Newsletter

### Milk: Not Just for Kids

Milk is delicious, refreshing, and high in nutritional value. Most people know that milk is essential for kids, but some don't realize that this nutritious beverage isn't *just* for kids. Milk is beneficial for adults too. According to MyPlate, adults and youth should have the equivalent of 3-cups of dairy products per day.

The calcium in milk can help us maintain our overall bone health and reduce the risk of developing osteoporosis. However, people who are lactose intolerant or on a vegan diet should consult their physician about milk alternatives. In addition to calcium, milk is packed with other nutrients like protein, potassium and vitamins A, B-12, and D. Niacin, riboflavin, and phosphorous are also found in milk and all these nutrients combine to give milk properties that may reduce the risk of getting high blood pressure, cardiovascular disease, and type-2 diabetes.

Milk comes in different varieties ranging from fat-free (skim), low-fat (1%), reduced-fat (2%), whole, and powdered varieties. The 2015-2020 Dietary Guidelines suggest that when it comes to the variety of milk to use, whole milk should be given to children aged one to two years of age because they need the high fat content for

development (unless a doctor recommends a lower-fat milk product). Children aged 2-5 should drink 2 % milk while youth aged 5 and up should drink 1% milk. Adults should consume 1% milk or skim milk.

For children who don't like the taste of milk, there are several alternatives available to parents who want to be sure their kids are getting the benefits of milk. For instance, you can choose to serve them flavored milk. Flavored milk contains more calories than white milk, but it has the same nutritional value. Another option is to use milk as an ingredient in smoothies. Serving milk while it is ice-cold can also be more appealing to some kids.

No matter which variety you choose to use, make sure that milk is a regular part of your children's, and your, diet.



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**BETTER LIVING  
FOR TEXANS**  
TEXAS A&M AGRILIFE EXTENSION



**August 2017 Newsletter**

**Local Events**



**Better Living for Texans**  
Presents  
**Walk & Talk**



**8 WEEK CHALLENGE**

**EVERY THURSDAY**  
**August 10<sup>th</sup> – September 28<sup>th</sup>**  
**9AM – 10AM**

**Register & Sign in 8:45AM**

For more information, contact  
**Brenda Zeiters**  
Extension Assistant  
**325-659-3246**

This program is presented by the  
**Texas A&M AgriLife Extension Service**  
**Better Living for Texans**  
Tom Green County  
113 W. Beauregard Avenue  
San Angelo, TX 76903

*Meet at the Pavilion*  
**KIDS KINGDOM**  
**290 W River Drive**  
**San Angelo, TX 76903**

**Come Walk & Talk with us...**

- Friendly competition
- Improve your health
- Establish the habit of regular physical activity
- Increase fruit and vegetable intake
- Keep track of your weekly progress
- Free gifts



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### Recipes of the Month

#### Low-fat Alfredo Sauce with Pasta

*Makes: 4 servings*

##### Ingredients

1 cup 1% low-fat milk  
1 cup low-fat cottage cheese  
1 egg yolk  
1/2 teaspoon black pepper  
1 tablespoon butter  
1/4 cup Parmesan cheese (grated)  
1/2 pound whole grain pasta (like rotini or spaghetti)

##### Directions

1. In a blender, combine the cottage cheese, milk, egg yolk, and pepper. Blend until smooth.
2. In a small saucepan, melt the butter over low heat. Add the cottage cheese/milk/egg mixture and continue cooking over low heat, stirring occasionally. Stir in the parmesan cheese.
3. Cook the pasta according to the directions on the package and drain. Add the sauce and serve.

*330 Calories, 3g Fat, 3g Protein, 0g Saturated Fat, 4g Dietary Fiber, 12g Carbohydrates*



#### Honey Milk Balls

*Makes: 20 servings (contains 40 calories)*

##### Ingredients:

1/4 cup honey  
1/4 cup peanut butter  
1/2 cup dry milk, non-fat  
1/2 cup cereal, crushed (or oatmeal)

##### Directions:

1. Mix the honey and peanut butter.
2. Gradually add the dry milk and mix well.
3. Chill for easier handling.
4. Using greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate any leftovers within 2 hours.

*(Honey should not be given to children less than one year of age)*

*40 Calories, 2g Fat, 0mg Cholesterol, 1g Protein, 0g Saturated Fat, 5g Total Sugars*



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