



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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Local Events

August 1: Fresh Start to Healthier You at Bethany House of Laredo, 1p.m.-2p.m.

August 3: Walk and Talk at First United Methodist Church, 10a.m. -11a.m.

August 8: Fresh Start to a Healthier You Session 2 at Bethany House of Laredo, 1p.m. -2p.m.

August 9: Fresh Start to a Healthier You at Lilia Perez Community Center

August 10: Walk and Talk Session 2 at First United Methodist Church, 10a.m.- 11a.m.

August 10: Dinner Tonight Healthy Cooking School presented by Webb County-Texas A&M AgriLife Extension event 7p.m.-9p.m.

August 15: Fresh Start to a Healthier You Session 3 at Bethany House, 1p.m.-2p.m.

August 16: Fresh Start to a Healthier You Session 2 at Lilia Perez Community Center

August 17: Walk and Talk Session 3 at First United Methodist Church, 10a.m.-11a.m.

August 22: Fresh Start to a Healthier You Session 4 at Bethany House, 1p.m.-2p.m.

August 23: Fresh Start to a Healthier You Session 3 at Lilia Perez Community Center

August 24: Walk and Talk Session 4 at First United Methodist Church, 10a.m.-11a.m.

August 30: Fresh Start to a Healthier You Session 4 at Lilia Perez Community Center

August 31: Walk and Talk Session at First United Methodist Church, 10a.m.-11a.m.

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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



Recipes of the Month

Low-fat Alfredo Sauce with Pasta

Makes: 4 servings

Honey Milk Balls

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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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