

MyPlate in Practice

3rd grade Family Nutrition and Education Program

Learn more about growing healthy kids' at:

www.growhappykids.org



The Dairy Group

Dear Family,

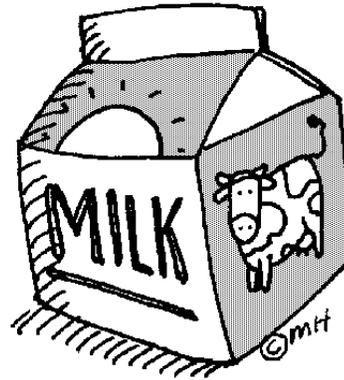
This week's lesson was about milk and other dairy products. Everyone needs to include dairy foods at meals each day.

Adults and kids need the calcium in dairy foods to keep their bones and teeth strong.

How much do we need?

MyPlate says we should eat or drink 3 cups each day.

Most dairy group choices should be fat-free or low-fat. In general,



1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese are equal to 1 cup from the dairy group.

Mom and Dad, you need calcium too. Adults need three cups of milk or the equivalent in cheese or yogurt.

How much milk and dairy products have you and your family eaten today? Is your family getting enough calcium for strong bones and teeth?



Parent-Child Homework Activity: Try new dairy blender drinks (see inside).



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Eat Together, Eat Better

Setting the table is part of a fun family meal. Even young kids can help set the table. It is a way for children to really help out in making a meal. And when kids feel more involved, they may eat better.

It's In The Bag

Some children and adults have trouble eating dairy products. They might feel gassy, have stomach cramps or diarrhea. This might be from being "*lactose intolerant*." That means you or your child's body has trouble breaking down lactose, the sugar in milk.



Being "*lactose intolerant*" does not mean your child cannot eat dairy foods.

Here are some tips:

- Have your child drink milk **WITH** food.
- Most cheeses have very little lactose. Aged hard cheeses like cheddar, Colby, Swiss, and parmesan are easy to digest.
- Yogurt that has live active cultures helps the body break down lactose. There are lots of good flavor choices.
- Another alternative for you or your child is to choose lactose-free products.

And One More Thing ... Calcium is found in foods other than dairy products. For a bone-building change of pace, try leafy green vegetables, tofu, soy products and orange juice with added calcium.

Exercise- Be Active!

Osteoporosis (OS-tee-oh-po-ROW-sis) is a bone disease that adults sometimes get. People with osteoporosis have bones that are weak and can easily break. Exercise and eating calcium-rich foods as a child and adult will help keep bones strong. Here are some fun bone-building activities:

- Take a walk! To make it more fun, play a game with your kids as you walk, such as I Spy, or see how many plants your child can name.
- Turn on the music and dance!
- Chalk + Sidewalk = Hopscotch. A super workout for your bones!
- Hiking is good for your bones and your mind. Hiking provides great views, nature, and lots of family fun.
- Challenge some friends to a jump rope contest – it helps your heart as well as your bones.
- Grab a racket and head to the tennis court! Or play badminton.
- Soccer is a sport of U.S. champions and great for you, too!

Nutrients We Need

More about **Calcium**...

Calcium is important because:

- ◆ Calcium makes bones and teeth hard.
- ◆ It helps muscles and nerves work and blood clot.
- ◆ There is more calcium in your body than any other mineral.
- ◆ If you eat too little calcium, calcium is pulled out of your bones.
- ◆ The easiest way to get calcium is to drink milk or use other calcium-rich dairy foods like yogurt or cheese.



Parent-Child Homework Activity

- Have a Family Fun Night by replacing dessert with some of the blender drinks on the back page. They are fun to make, tasty, and healthy.
- Make yogurt popsicles with your kids. Just place a stick in a cup of yogurt and freeze.
- At your grocery, let your kids select a high-calcium snack. Try a new yogurt or different cheeses.

Blender Drinks:

Smoothies are a tasty and nutritious way to get calcium (from dairy products) and vitamins A and C (from fruit). If you don't have a blender, shake well in a jar with a tight lid. Also, try the Frozen Yogie Sandwich for a real treat. Enjoy!



Grape Ape

Ingredients:

1 medium banana peeled and sliced ½ of a 12-ounce can grape juice concentrate
2 cups cold low-fat milk 2 cups ice cubes

Instructions:

Mix all ingredients together in blender. Yield: 4 to 5 cups.

Lemon Velvet



Ingredients:

8 oz. low-fat lemon yogurt 6 oz. orange juice concentrate
2½ cups low-fat milk 1 teaspoon vanilla

Instructions:

Place all ingredients in blender. Cover and blend on high speed for 45 seconds or until creamy and smooth. Yields: 6 servings, ¾ cup each

Frozen Yogie Sandwich

Ingredients:

1 large graham cracker (2½ x 5 inches)
2 tablespoons low-fat raspberry frozen yogurt (softened)

Equipment:

Small spatula or table knife, measuring spoons, and plastic wrap

Instructions:

Break graham cracker in half crosswise. Carefully spread frozen yogurt into a graham cracker half. Tightly wrap the sandwich in plastic wrap. Freeze.

NOTE: You can substitute your favorite flavor of yogurt for raspberry. Make several sandwiches at a time to keep on hand for snacks or dessert.



This material was funded by USDA's Supplemental Nutrition Assistance Program. 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 WSU Clark County Extension, at 1919 NE 78th Street, Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer.