Lesson 5: Dairy Foods

Dairy foods are an important part of a well-balanced diet. However, some dairy foods are healthier than others.

In this lesson, you will learn:

- What are dairy foods
- Key nutrients in dairy foods
- Health benefits of eating dairy foods
- How much dairy you need to be healthy
- Non-dairy foods high in calcium
- How to choose healthy dairy foods
- How to maximize your food dollars when purchasing dairy foods
- How to properly store dairy foods

Challenge Yourself!

Set a Goal

Choose (kaȟníğa) one of the goals below (or set your own) to try during the next month:

- ❒ I will choose low-fat or fat-free dairy foods.
- ❒ I will try one of the dairy recipes.
- ❒ I will add more dairy foods to my diet.
- ❒ I will limit unhealthy cholesterol in my diet.
- ❒ I will: _____

  _____

What are Dairy Foods?

The dairy group includes all fluid milk (asáŋpi), and many foods made from milk (asáŋpi). Foods made from milk high in calcium are part of this group. Some items in the dairy group include:

- Milk: fat-free (skim), low-fat (1%), reduced fat (2%), whole milk
- Lactose-reduced milks, lactose-free milks
- Flavored milks: chocolate, strawberry
- Milk-based desserts: ice cream, frozen yogurt, ice milk, puddings made with milk
- Hard natural cheeses: cheddar, mozzarella, Colby, Swiss, Parmesan
- Soft cheeses: ricotta, cottage cheese
- Processed cheeses: American, Velveeta
- Yogurt: fat-free, low-fat, reduced fat, whole milk yogurt
- Calcium-fortified soy milk

Foods made from milk (asáŋpi) that have very little calcium are not part of the dairy group. These foods include:

- Cream cheese, reduced-fat cream cheese
- Cream (including whipping cream and half-and-half)
- Butter

Why Eating Dairy Foods is Important

Consuming dairy foods helps you stay healthy and keeps your bones strong. Key nutrients in dairy foods include:

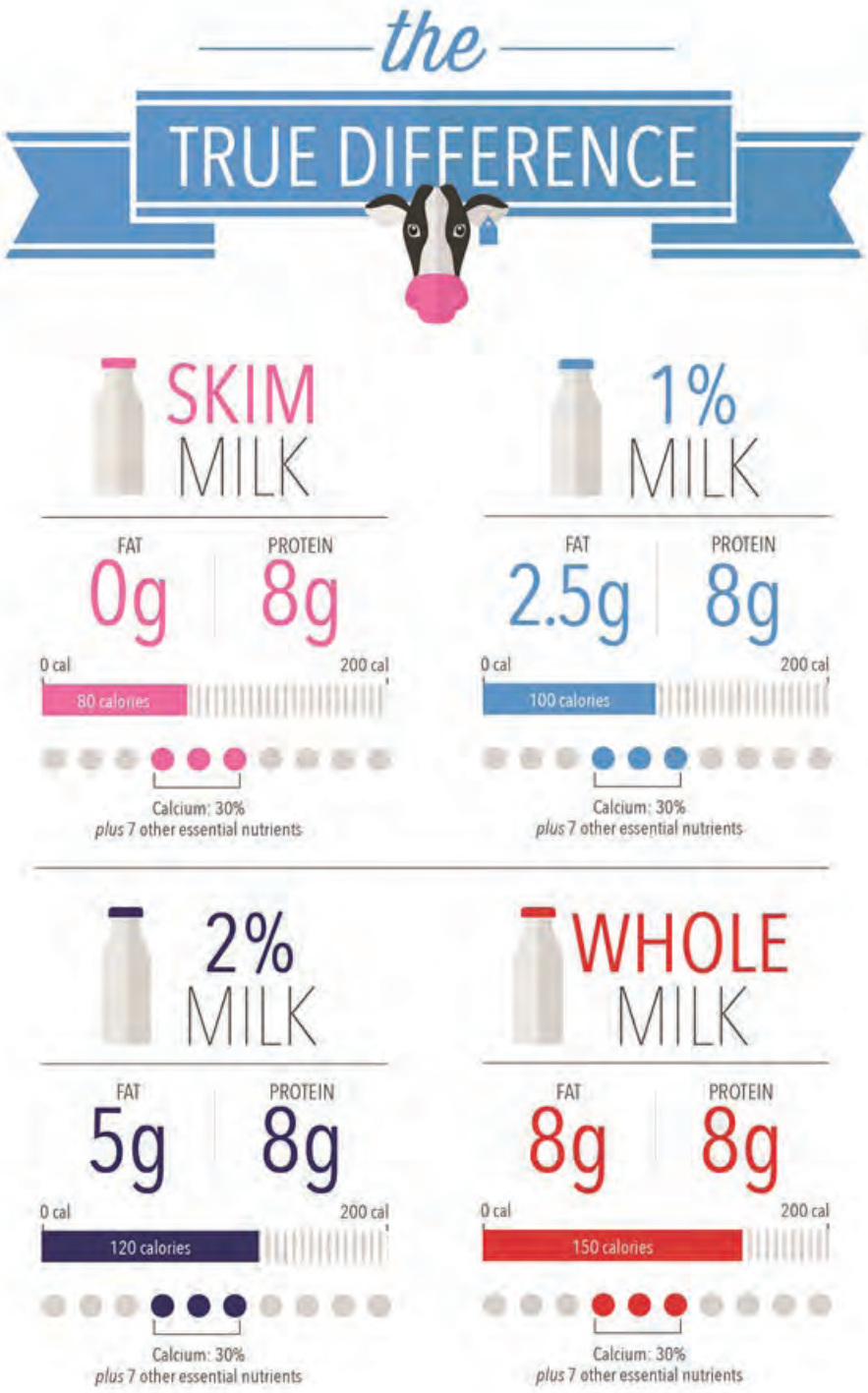
- **Calcium**
- **Potassium**
- **Vitamin D**
- **Protein**

Diabetes Hints… Dairy Foods

Healthy eating with diabetes starts with what is on your plate. Dairy foods will raise blood sugar so it is important to pay attention to the serving size and carbohydrates listed per serving on the nutrition label. Remember to spread your carb choices throughout your day's meals and snacks.

- **BLOOD SUGAR ALERT** - will raise blood sugar a lot.
  - Try to avoid eating high sugar foods like flavored yogurt, chocolate milk, and strawberry milk.
- **BENEFITS** – good for bone health and a good source of energy.
- **SERVING SIZE** – one cup of skim or 1% milk, one cup low-fat plain yogurt, ½ cup of sugar-free pudding, or ½ cup ice cream.
- **EATING TIPS FOR A HEALTHY DESSERT OR SNACK**:
  - ½ cup plain low-fat yogurt with fresh fruit
  - ½ cup sugar-free pudding
  - Skip eating grains or starchy foods with meals or snacks that include dairy foods
  - Eat reduced-fat cheeses

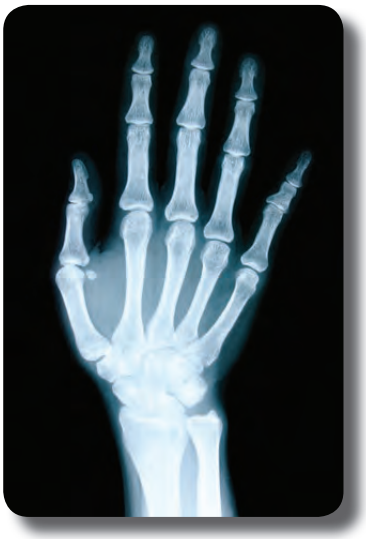
Choosing Milk Products that are **Low-Fat** or **Fat-Free** Reduces the Amount of Fat and Calories in your Diet



Source: National Dairy Council

Health Benefits of Eating Dairy Foods

Eating dairy foods helps to maintain good bone health and may reduce the risk of osteoporosis.



Eating dairy foods is especially important for bone health during childhood and adolescence when bones are growing.

Eating dairy foods can lower risk of heart disease and type 2 diabetes, and can lower blood pressure in adults.

How Much Dairy Do You Need to be Healthy?

Daily dairy needs are different for adults and children. Adult men and women need 3 cups of milk (or equivalents in cheese or other dairy foods: see table "What Does a Cup of Dairy Look Like?") per day to be healthy. Children's dairy needs vary depending on their age. See the below table for exact dairy needs:

Daily Recommendations for Milk Intake*		
Children	2-3 years old 4-8 years old	2 cups 2 ½ cups
Girls	9-13 years old 14-18 years old	3 cups 3 cups
Boys	9-13 years old 14-18 years old	3 cups 3 cups
Women	19-30 years old 31-50 years old 51+ years old	3 cups 3 cups 3 cups
Men	19-30 years old 31-50 years old 51+ years old	3 cups 3 cups 3 cups

*Not all dairy foods are created equal. You cannot directly substitute a cup of milk for a cup of cheese. See the table "What Does a Cup of Dairy Look Like?" to better understand dairy equivalencies.

What Does a Cup of Dairy Look Like?

Adults should consume 3 cups of dairy foods per day as part of a healthy diet. Not all dairy foods are measured the same. A cup of milk is different than a cup of cheese or yogurt. This table shows you what counts as a “cup”.

Type of Dairy	Amount that Equals “One Cup” of Dairy	Common Package or Portion Sizes
Milk (Asáŋpi): fat-free (skim), low-fat (1%), reduced fat (2%), whole milk	1 cup	 1 ½ pint carton = 1 cup = 1 cup dairy equivalent
Evaporated Milk	½ cup	 12 ounce can = 1 ½ cups = 3 cups dairy equivalents
Yogurt: fat-free (skim), low-fat (1%), reduced fat (2%), whole milk yogurt	1 cup	 8 ounces = 1 cup = 1 cup dairy equivalent

Type of Dairy	Amount that Equals “One Cup” of Dairy	Common Package or Portion Sizes
Hard cheese (such as cheddar, mozzarella, Colby, Swiss, Parmesan)	1 ½ ounces	 1 ½ ounces cheese = 1 cup dairy equivalent
Shredded Cheese	1/3 cup	 16 ounces = 2 cups = 6 cups dairy equivalent  1/3 cup = 1 cup dairy equivalent
Processed Cheese (such as American cheese, Velveeta)	2 ounces	 3 slices = 2 ounces = 1 cup dairy equivalent

Type of Dairy	Amount that Equals "One Cup" of Dairy	Common Package or Portion Sizes
Cottage cheese	2 cups	 32 ounces = 4 cups = 2 cups dairy equivalents  ½ cup cottage cheese = ¼ cup dairy equivalent
Ricotta cheese	½ cup	 32 ounces= 4 cups = 8 cups dairy equivalents  ½ cup ricotta cheese = 1 cup dairy equivalent

Type of Dairy	Amount that Equals "One Cup" of Dairy	Common Package or Portion Sizes
Pudding (made with milk)	1 cup	 1/2 cup pudding = 1/2 cup dairy equivalent
Frozen yogurt	1 cup	 1 cup frozen yogurt = 1 cup dairy equivalent
Ice cream	1 ½ cups	 ¾ cup ice cream = ½ cup dairy equivalent
Soy milk (soy beverage)	1 cup	 1 cup soy milk = 1 cup dairy equivalent

Lactose-Intolerant? Try These Low-Lactose or Lactose-Free Options:

If you avoid milk (asáŋpi) due to lactose intolerance, you can still get the health benefits of dairy foods by choosing low-lactose or lactose-free options:

- Cheese (cheddar, Parmesan, and Swiss are naturally low in lactose)
- Lactose-free yogurt
- Lactose-free milk
- Calcium-fortified soy milk (soy beverage)

Some people choose to take the enzyme lactase before eating dairy foods. This may help with the digestion of dairy foods and minimize upset stomach and other symptoms of lactose-intolerance.

Don't like dairy? If you avoid milk (asáŋpi) and other dairy foods, choose non-dairy foods high in calcium:

- Calcium-fortified juices
- Cereals
- Breads
- Rice milk
- Almond milk
- Calcium-fortified soy milk (soy beverage)
- Canned fish (sardines, salmon with bones)
- Soybeans
- Other soy products (tofu made with calcium sulfate, soy yogurt, tempeh)
- Some leafy greens (collard and turnip greens, kale, spinach, broccoli, bok choy)

The amount of calcium that can be absorbed from different foods varies. See the table on the next page with common calcium-rich foods to help you select which foods to buy.

Calcium "Rich" Foods	Standard Portion Size	Amount of Calcium in Standard Portion (mg)
Fortified ready-to-eat cereals	¾-1¼ cup	137-1,000
Tofu	½ cup	434
Orange juice, calcium fortified	1 cup	349
Sardines, canned in oil, drained	3 ounces	325
Pasteurized processed American cheese	2 ounces	593
Parmesan cheese, hard	1.5 ounces	503
Mozzarella cheese, part-skim	1.5 ounces	304
Colby cheese	1.5 ounces	291
Cheddar cheese	1.5 ounces	287
Plain yogurt, nonfat	8 ounces	452
Plain yogurt, low-fat	8 ounces	415
Fruit yogurt, low-fat	8 ounces	383
Almond milk (all flavors)	1 cup	451
Soy milk (all flavors)	1 cup	340
Evaporated milk	½ cup	329
Whole buttermilk	1 cup	282
1% milk	1 cup	305
Skim milk	1 cup	299
2% milk	1 cup	293
Whole milk	1 cup	276

Source: Dietary Guidelines 2015-2020

How to Choose Healthy Dairy Foods

Limit saturated fat: Some dairy foods, like whole milk and many cheeses, are high in saturated fat. Saturated fat can increase unhealthy (LDL) cholesterol levels. You will learn more about the health effects of unhealthy cholesterol in Month 6, Lesson 6. Try to choose dairy foods that are low in saturated fat.

Avoid added sugars: Many dairy foods contain added sugar. Added sugars are associated with obesity and poor control of diabetes. Cut down on added sugars by choosing plain yogurt rather than flavored yogurt.

Move to low-fat or fat-free milk (asáŋpi) or yogurt: Choose dairy foods that are low in fat. Use these tips to help you:

- If you drink whole milk, try low-fat (1%) or fat-free (skim) milk instead. You can switch gradually. Start by trying reduced fat (2%) milk, then move to low-fat (1%) milk, and finally fat-free (skim) milk over time.

- If you drink coffee, try adding fat-free (skim) milk instead of creamer.
- Add fat-free (skim) or low-fat (1%) milk to oatmeal and hot cereals instead of whole milk.
- Use fat-free (skim) or low-fat (1%) milk when making condensed cream soups (such as cream of tomato or cream of chicken).
- Top a baked potato with fat-free or low-fat yogurt instead of sour cream.
- Top casseroles, soups, stews, or vegetables with shredded low-fat cheese instead of whole-fat cheese.
  - Note: Low-fat cheese melts differently than regular cheese.

Challenge Yourself!

Examine the fat and sugar content in the 3 yogurts below and circle the yogurt with the least amount of saturated fat and sugar.

Hint: remember to pay attention to serving sizes

Option 1: Stonyfield Whole Milk Plain Yogurt

Option 2: Dannon Vanilla Low-Fat Yogurt

Option 3: Organic Great Value: Plain Yogurt

Nutrition Facts
Serving Size 1 cup (227g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 125mg	**5%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 12g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts
Serving Size 1 cup (227g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 140mg	**6%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 0g	**0%**
Sugars 33g	
Protein 10g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts
Serving Size 3/4 cup (96g)
Servings Per Container 5

Amount Per Serving	
Calories 90	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 105mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Answer: Option 3: Organic Great Value Yogurt has the least amount of saturated fat and no sugar.

Challenge Yourself!

Your cousin and her family are coming over for dinner. You have been telling her about the Cheyenne River Cooking for Health Study. You tell her that dairy foods are part of a healthy diet, and you'd like to try a new casserole recipe for dinner.

The casserole recipe calls for concentrated cream of mushroom soup, milk, and string beans. The recipe states that you can add some additional vegetables (of your choice) and healthy toppings. Choose a milk product, a calcium-rich vegetable, and a healthy topping for the casserole.

Which milk product is the healthier choice?

Whole Milk

Low-fat (1%) Milk

Which vegetable has more calcium?

Broccoli

Carrots

Which topping is the healthier choice?

Low-fat Mozzarella

Bacon

Answer: Low-fat milk is healthier than whole milk; broccoli is a calcium-rich vegetable. Although high in vitamin A, carrots do not have much calcium; Low-fat shredded cheese is healthier than bacon.

Tips for Maximizing Food Dollars

MILK (Asáŋpi)

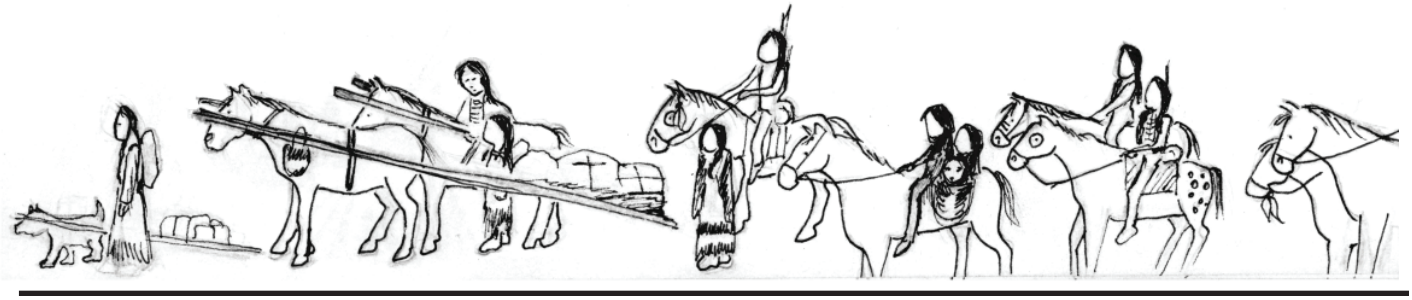
- **Larger containers of milk** usually cost less per serving than smaller containers.
- **Low-fat (1%) or fat-free (skim) milk** are often less expensive than whole milk.
- **Nonfat dry milk** usually costs less than fresh milk and can be stored for a long time. Use nonfat dry milk in soups, gravies, puddings, and pancakes when supplies of fresh milk run out.
- **Dry milk** can be added to fresh milk to increase the calcium content.

CHEESE

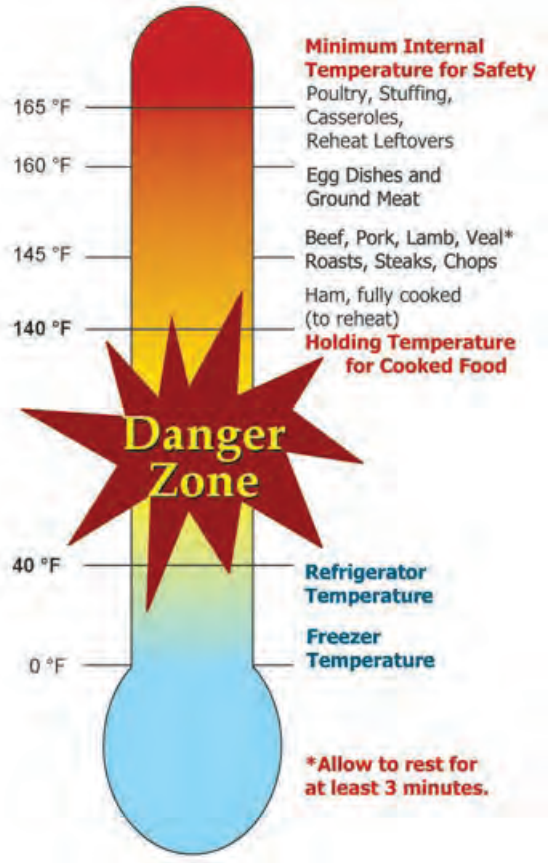
- **Cheese blocks** may be less expensive than sliced, cubed, shredded, or string cheese.
- **Mild cheese** usually costs less than aged or sharp cheese.
- **U.S. made cheese** almost always costs less than imported cheese.
- **Processed cheese** is a better buy than processed cheese spread because it contains less moisture.
- If cheese becomes dry, **grate or shred it** and sprinkle it on casseroles or vegetables.

YOGURT

- **Larger containers of yogurt** usually cost less per serving than smaller containers.



Food Storage: Keeping Dairy Foods Safe



Avoid buying raw (unpasteurized) milk or any products made from unpasteurized milk. Unpasteurized milk products have not been heated to a temperature sufficient to destroy bacteria that can cause food poisoning.

- **When shopping, pick up the dairy products last** and refrigerate as soon as you get home.
- **Keep your refrigerator at (or below) 40°F** Store dairy products on the shelves rather than in the door.

Bacteria grow very rapidly above 40 °F. Foods that have been out of the refrigerator for more than two hours should be thrown away, even if they look and smell fine.

- **Refrigerate cheese** in its original wrapper or tightly wrapped in plastic.
- **Milk can be frozen**. **If freezing in carton, be sure to remove** some milk first as the liquid will expand when frozen. Thaw in the refrigerator and shake well before use.
- **Cheese can be frozen**. However, it may be crumbly when thawed. Always thaw cheese in the refrigerator.
- **Nonfat dry milk** should be kept in a cool, dry place.

Sell-By Versus Use-By Dates

- **The "sell by" dates** on cartons of milk and other dairy foods tell the store how long to display the food product for sale. Most foods are safe to eat for a week after the "sell by" date.

- **The "use by" or "best by" dates** on packages refer to the last date the food is likely to be at its best flavor, quality, and freshness and is not a safety date. If stored properly, many dairy products are still safe to eat up to a week past the date.

The food safety rule of thumb for any food item is….If you are in doubt, throw it out!

Cooking Substitutions – Dairy Foods

If your recipe calls for milk, you can easily substitute nonfat dry milk and water.

¼ cup milk = 1 Tablespoon plus 1 teaspoon dry milk and ¼ cup of water

⅓ cup milk = 2 Tablespoons dry milk and 1/3 cup of water

1 cup milk = ⅓ cup dry milk and 1 cup water

Nonfat dry milk can also be added dry to mashed potatoes, soups, stews, meatloaf, hamburgers, and cooked cereals for an extra boost of nutrition.

For more cooking substitutions, check out the Ingredient Substitution document from NDSU Extension located in the appendix section of this binder.

Cooking Dairy

- When cooking milk, such as in white sauce or pudding, the best advice is to cook at a low temperature over time, also referred to as “low and slow.” Stir constantly to keep it from sticking to the pan or scorching.
- Cheese must be melted over low heat, stirring constantly. Remove from heat as soon as cheese is melted to prevent it from becoming stringy or tough.
- Acidic foods, like tomatoes, make cheese stringy (think of pizza with tomato sauce).
- Processed cheese melts better than natural cheese. Low-fat and fat-free cheeses do not melt well.
- Add cheese, yogurt, or sour cream to dishes at the end of the baking time to prevent overcooking and separating.

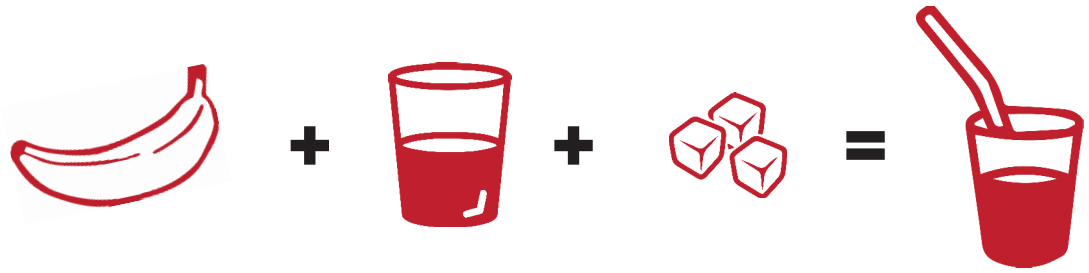
Reconstituting Nonfat Dry Milk Powder

Dry Milk		Water		Yield
⅓ cup	+	1 cup	=	1 cup nonfat milk
⅔ cup	+	2 cups	=	2 cups nonfat milk (1 pint)
1⅓ cup	+	3¾ cups	=	1 quart nonfat milk (4 cups)
3 ½ cups	+	5 quarts	=	5 quarts nonfat milk

As a beverage, the milk usually tastes better if it is made the day before use and served cold. For added flavor, add a few drops of vanilla.

Make Your Own Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!



Add ingredients from each column to blender. Blend until thick and smooth.

Fruit (½ -1 cup sliced or chopped per smoothie — fresh or frozen)	+	Liquid (½ to 1 cup per smoothie)	+	Optional Flavorings (up to ½ tsp per smoothie)	+	Thickener (up to ½ cup per smoothie)
Bananas		Apple juice, 100% juice		Ground cinnamon		Ice
Strawberries		Orange juice, 100% juice		Vanilla extract or flavor		Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole		Cranberry juice, 100% juice		Coconut flakes, unsweetened		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Honey or maple syrup		
Peach		Soy milk, plain or flavored				
Mango		Almond milk				
Pineapple						

Try these combos!

Very Berry: ½ cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice

Banana-Honey: ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey

Triple-C Blaster: ½ cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 tsp honey + ¼ cup ice

Tropical Sunrise: ½ cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice

Chef's Notes

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Challenge Yourself!

Set a Goal

Choose (kaȟníğa) one of the goals below (or set your own) to try during the next month:

- ❒ I will choose low-fat or fat-free dairy foods.
- ❒ I will try one of the dairy recipes.
- ❒ I will add more dairy foods to my diet.
- ❒ I will limit unhealthy cholesterol in my diet.
- ❒ I will: _____

  _____

Yogurt Parfait

Serves 6, 1 parfait per serving

Ingredients

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1½ cups granola

Optional Ingredients

2 Tablespoons sliced almonds

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Nutrition Facts

Serving Size 1 parfait
Servings Per Recipe 6

Amount Per Serving	
Calories 230	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 4g	**14%**
Sugars 26g	
Protein 10g	
Vitamin A 4% •	Vitamin C 35%
Calcium 20% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in fruit smoothies.
- Make your own homemade granola.

Dairy Dips

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

Honey Mustard Dip

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with chicken or soft whole grain pretzels.

Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, ½ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Vegetable Dip

- Mix ½ cup nonfat plain yogurt, ½ cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and ⅛ teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits. Try apples, bananas, grapes, or strawberries.

Chef's Notes

- If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon.

Peanut Butter Yogurt Dip

Makes about 8 servings

Nutrition Facts
Serving Size 1/4 cup (62.62g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Sugars 7g	
Protein 10g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 cup peanut butter

Directions

1. Mix well in a bowl or resealable plastic bag.
2. Great with apples, pears, bananas or celery. Can also be used in sandwiches.

Pumpkin Yogurt Dip

Makes about 6 servings

Nutrition Facts
Serving Size 1/4 cup (61.44g)
Servings Per Container 6

Amount Per Serving	
Calories 45	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 30mg	**1%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

- ½ cup canned pumpkin
- 1 cup vanilla low-fat yogurt
- ½ teaspoon cinnamon

Directions

1. Mix well in a bowl or resealable plastic bag.
2. Freeze extra pumpkin in a plastic freezer-safe container for later use.

Magic Mix

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup enriched flour
- ⅓ cup canola oil

Directions

1. Put ingredients into large bowl and mix until it looks like course cornmeal.
2. Refrigerate in tightly covered container. Keeps about 3 months in refrigerator.

Nutrition Facts

Serving Size 1/3 cup (31.3g)
Servings Per Container 15

Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 9g	
Protein 7g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Cream of Anything Soup

Directions

1. Combine liquid, Magic Mix (page 27), and salt in saucepan. Stir over medium heat until slightly thick.
2. Add one to three of your favorite herbs and spices. Or ½ to 1 Tablespoon of one of the Homemade Spice Mixes (Month 1, Lesson 1).
3. Add one or more of the "anything" ingredients. Choose what you have on hand and what your family likes.
4. Heat through.

Cream of Anything Soup

Bases *Mix in saucepan*	**Herbs & Spices** *Choose from below*	**Anything** *Add one or more*
• 4 cups water or combination of water and chicken, vegetable or beef broth • 2 cups Magic Mix (page 27) • 1 teaspoon salt	• 1 Tablespoon of fresh herbs or 1 teaspoon of dried spices • 2 cloves garlic (½ teaspoon powder or 1 teaspoon minced) • ½ to 1 Tablespoon Taco Seasoning (Month 1, Lesson 1) • 1 Tablespoon Jerk Seasoning (Month 1, Lesson 1)	• 3 carrots or zucchinis, sliced and cooked • 1 package frozen spinach, cooked • 1 package frozen broccoli, cooked, and 1 cup shredded low-fat cheese • 3 potatoes, chopped and cooked, and 1 Tablespoon chopped onion • 1 can cream style corn and 1 Tablespoon chopped onion • Canned, fresh or frozen vegetables, cooked • Cooked meat, poultry, fish, beans, or tofu

Vanilla Pudding

Makes 4 servings

Ingredients

- ¼ cup sugar
- 2 cups Magic Mix (page 27)
- 2 cups milk
- 1 teaspoon vanilla

Directions

1. In medium saucepan, stir sugar, Magic Mix, and water over medium heat until mixture starts to boil.
2. Remove from heat. Add vanilla and beat until smooth.
3. Cover, cool, and serve.

Variations

- *Chocolate Pudding* - Add 3 Tablespoons of cocoa when adding vanilla.
- *Fruit Pudding* - Add peaches, bananas and other fruit after vanilla.
- *Creamy* - Add one egg, slightly beaten, when adding sugar.
- *Change the Sweetener* - Change white sugar to brown sugar.

Nutrition Facts

Serving Size 1/2 cup (182.64g)
Servings Per Container 4

Amount Per Serving	
Calories 310	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 200mg	**8%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 0g	**0%**
Sugars 33g	
Protein 15g	**30%**

*Percent Daily Values are based on a 2,000 calorie diet.

Make it Quick:

- Cook in the microwave 1 to 2 minutes at a time. Stop and stir every 1 to 2 minutes until thick and creamy.

White Sauce

- For thin sauce, use ⅓ cup plus 1 Tablespoon Magic Mix (page 27) and 1 cup water. Yield: 1 cup.
- For medium sauce, use ½ cup Magic Mix and 1 cup water. Yield: 1 cup.
- For thick sauce, use ⅔ cup Magic Mix and 1 cup water. Yield: 1 cup.

Directions

1. Stir in a saucepan over medium heat until smooth and thick. Milk scorches easily, so keep heat at medium or lower.

Cream of Anything Gravy

Makes 6 servings

1. In a sauce pan, make a medium White Sauce with ½ cup Magic Mix (page 27) and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add any of the following:
   - 1 cup cubed cooked ham
   - 1 cup cooked, diced chicken or turkey
   - 1 can tuna or salmon, drained
   - 1 pound cooked ground beef or sausage
   - 1 cup shredded dried (chipped) beef
   - 4 hard-cooked eggs, sliced
   - Homemade Spice Mixes or other spice combinations (Month 1, Lesson 1), as desired. Stir well.
3. Heat thoroughly. Serve over whole-grain toast, biscuits, English muffins, brown rice, or whole-wheat noodles.

Add Flavor:
- Substitute broth for all or part of the water.

Creamed Vegetables

Makes 4 servings

1. In a sauce pan, make a medium White Sauce with ½ cup Magic Mix (page 27) and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add 2 cups cooked vegetables and heat through.
3. Add Homemade Spice Mixes (Month 1, Lesson 1), as desired.

Scalloped Vegetables

Makes 4 servings

1. In a sauce pan, make a thin White Sauce with ⅓ cup plus 1 Tablespoon of Magic Mix (page 27) and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add 2 cups cooked vegetables.
3. Add Homemade Spice Mixes (Month 1, Lesson 1), as desired. Stir well.
4. Place in ungreased 1-quart casserole. Sprinkle with ½ cup cereal or bread crumbs.
5. Bake uncovered at 325°F for 15 to 18 minutes, or until heated through.

Cheese Sauce

1. In a sauce pan, make a medium White Sauce with ½ cup of Magic Mix (page 27) and 1 cup water. Stir over medium heat until smooth and thick.
2. Add 1 cup shredded low-fat cheese and stir until melted.

Au Gratin Vegetables

Makes 4 servings

1. Make White Sauce in a sauce pan by combining ½ cup of Magic Mix (page 27) and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add 1 cup shredded low-fat cheese and stir until melted.
3. Add 2 cups cooked vegetables. Stir well.
4. Place in ungreased, 1-quart casserole dish. Sprinkle with ½ cup cereal or bread crumbs.
5. Bake at 325°F for 15 to 18 minutes, or until heated through.

Vegetables in Cheese Sauce

Makes 4 servings

1. Prepare Cheese Sauce as directed on page 31. Add 2 cups cooked vegetables.
2. Heat through and serve.

Chocolate Magic Mix

Ingredients

- 8 cups nonfat dry milk powder
- 1 cup cocoa
- 1½ cups sugar
- Dash of salt

Directions

1. Combine ingredients. Mix well. Pour into jar or can with tight-fitting lid.

Nutrition Facts
Serving Size 1/4 cup (34.11g)
Servings Per Container 40

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 190mg	**8%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 20g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Hot Cocoa

Ingredients

- ¼ cup Chocolate Magic Mix
- 1 cup hot water

Directions

1. Stir well and enjoy!

Nutrition Facts
Serving Size 1 cup (271.11g)
Servings Per Container 1

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 200mg	**8%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 20g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Quesadillas

Makes 12 servings

Ingredients

- 1 dozen corn tortillas
- ¾ cup taco sauce or Homemade salsa (Month 10, Lesson 10)
- ¾ cup shredded low-fat cheddar cheese
- ¾ cup shredded low-fat Monterey Jack cheese

Directions

1. Spread each tortilla with 1 Tablespoon taco sauce or salsa. Sprinkle on 1 Tablespoon of each kind of cheese.
2. Fold tortillas in half, fasten with a toothpick, and place on a baking sheet (any size).
3. Bake at 350°F about 5 minutes or until cheese melts.

Variations

Microwave - Place quesadilla on paper towel and cook on high for 30 to 45 seconds for each tortilla. Let stand to allow cheese to melt.

Electric Skillet or Stovetop - Coat cooking surface with non-stick spray. Place quesadilla on surface warmed up to medium heat and cook until brown (about 2 minutes). Turn and continue to cook until cheese is melted (about 2 minutes).

Nutrition Facts

Serving Size 1 quesadilla (84.42g)
Servings Per Container 12

Amount Per Serving	
Calories 170	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 390mg	**16%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 8g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

Stove Top Macaroni and Cheese

Serves 16, ½ cup per serving

Ingredients

- 1 small head broccoli
- 5 ounces cheddar or Monterey Jack cheese
- 1 (16-ounce) package whole wheat macaroni
- 1½ cups nonfat milk
- 1½ Tablespoons unsalted butter
- 2 Tablespoons all-purpose
- flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 Tablespoons light cream cheese

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 16

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 8g	
Vitamin A 6% •	Vitamin C 10%
Calcium 8% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Rinse and chop broccoli.
2. Grate cheddar or Monterey Jack cheese.
3. In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender, about 6-8 minutes.
4. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
5. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
6. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
7. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
8. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
9. Add macaroni to cheese sauce. Stir to coat.

Chef's Notes

- Use any veggies you like. Try using 1½ cups chopped tomatoes, steamed cauliflower, cooked peas or spinach, or cooked butternut or acorn squash cubes instead of broccoli.
- For a heartier version, in step 8 add 1 (12-ounce) can tuna, packed in water, drained. Or, add cubed and cooked chicken pieces.
- For extra flavor, add ½ teaspoon dried thyme or any herbs and spices you like. Mix into the sauce with the salt and pepper.
- Use other whole wheat pasta, like penne or shells, instead of macaroni.
- Top with toasted whole wheat breadcrumbs if you like.
- Freeze leftovers for up to 3 months.