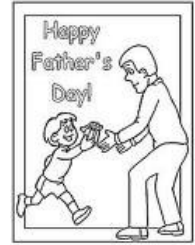




# THE MARKET BASKET

May/June 2011



Expanded Food and Nutrition Education Program



Hi Friends:

*Happy Mother & Fathers' Day! This issue covers "June is Dairy Month" make sure to get your daily servings from the Dairy Group each day for healthy Bones! Have you ever thought how you could eat healthy & have a hectic lifestyle, be sure to look over page two to get some tips on that! If you know of anyone who would like to be added to our email List to receive this newsletter have them email me at the email below.*

Til next issue,

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## INSIDE THIS ISSUE:

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## Juice or Fruit Drinks

### Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides:

- Vitamin C to help heal cuts and bruises, fight infection, and use iron from food.
- Vitamin A in some juices for healthy eyes and skin.
- Carbohydrates for energy. Sugar from fruits the carbohydrate in 100% juice.

Juice is mostly water. Like you, your child needs enough fluid to stay healthy. **Go easy...**

Because juice is handy, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

# Nutrition & your busy Lifestyle:

We all have busy lives living in this fast-paced world so with that in mind the following tips may help Individuals & families adopt healthier diets with the challenge of keeping up in this Society.

- ◆ Make small changes over time in what you eat and the level of activity you do. Sprinkle shredded low-fat cheese on your salads, vegetables, or pasta to boost your calcium intake.
- ◆ Expand your tastes to enjoy a variety of foods. Try a new food or recipe once a month. You'll be amazed at all the great choices.
- ◆ Balance what you eat and the physical activity you do over several days. Don't worry about just one meal or one day. To fit in a treat like ice cream or pizza with all the works, choose lower fat foods to balance your fat intake and increase your physical activity over several days
- ◆ When dining out, you don't have to eliminate all your favorite foods. Simply choose foods high in calories, fat, sodium, and sugars less often and eat smaller portions. Don't forget to eat three meals a day, as skipping meals makes it easier to overeat during another meal or snack. Physical should also be an important part of your daily routine.
- ◆ Spend time each week planning and organizing your meals. Use cookbooks and grocery ads to make menus and a shopping list. Organize the list by categories. do all your shopping at once. When shopping, read the *Nutrition Facts*, by planning Ahead you will save money & eat healthier as well.
- ◆ Plan physical activity into your daily routine., add activity to your day without crowding your already busy schedule. If you have a job that doesn't allow for much movement, plan a short walk during your break. Ask others to walk and talk rather than sitting. Making small changes daily and weekly will build a lifestyle of healthy habits without adding time and stress.
- ◆ A strong immune system is one of your best defenses against infections from bacteria and viruses. And, a healthy immune response helps protect against other health problems such as arthritis and certain types of cancer. Good nutrition is essential to maintaining the immune system's ability to function at optimal levels.



# June is Dairy Month



June is the month when we are reminded to be sure to include three cups or the equivalent of milk every day. Consuming the required amount of milk products helps to assure we get enough calcium to build and maintain our bones.

People sometimes decrease milk products in their diet because they think it is fattening. Low-fat and fat-free milk products are the best choice for the fat and calorie conscious. An eight ounce glass of whole milk has 150 calories and eight grams of fat (4.5 grams of saturated fat). If you choose an eight ounce glass of fat-free milk, you consume 85 calories and less than one gram of fat.

For the weight conscious, you may want to think twice before decreasing dairy products in your diet. The National Dairy Council reported that a study showed that women who consumed the most calcium and ate at least three servings of dairy foods per day were less likely to be obese than those who had low dairy intake. There have been similar results in other studies with children and women of all ages.

Adequate Intake (AI) for calcium is set at 1,300 milligrams daily for children ages 9-18. It is high for this age group because that is when the most bone mass is built. For adults up to age 50, AI for calcium is 1,000 milligrams. After age 50, the amount of calcium needed is increased to 1,200 milligrams per day to help maintain bone mass. Each cup of milk you drink provides approximately 300 milligrams of calcium. One cup of yogurt provides around 345 milligrams of calcium and an ounce and a half of cheddar cheese provides 307 milligrams of calcium. It's easy to see how eating dairy products makes it easy to have adequate calcium intake.

If you don't like to just drink plain milk, try a fruit-flavored smoothie! This recipe, developed by Kraft Kitchens, is one of many listed on the [3aday.org](http://3aday.org) web site. Place the following four ingredients in a blender and blend on high until smooth: 1 ½ cups cold fat-free milk, 1 ½ teaspoons low calorie strawberry drink mix, 8 ounces of vanilla low fat yogurt and one cup of frozen strawberries. This could be a refreshing snack or a great breakfast on the run.

If you just drink milk at each meal, it isn't hard to get your three cups of milk every day. If milk isn't your favorite choice, add cheese to casseroles or your favorite sandwich, choose yogurt as a snack or create your own favorite smoothie. Your bones will thank you.

# Recipes:

## Frozen Fruit Pops:

- 8 ounces crushed pineapple
- 1 cup (8 ounces) yogurt, low fat fruit
- 6 ounces orange juice, frozen concentrate, thawed



***\*Note: You can mix ingredients and freeze in ice cube trays instead of cups, making great “ice cubes” in fruit juices. Try other fruits or juice concentrates for variety.***

1. Mix the ingredients in a medium-sized bowl. Divide into 4 paper cups.
2. Freeze until slushy – about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

## Vegetable Dip

½ cup low fat mayonnaise

¼ cup salsa

1. Stir ingredients together in small bowl until well mixed.
2. Use vegetables such as carrot sticks, celery sticks, radishes, cut-up broccoli and cauliflower as the “dippers.”
3. Store in refrigerator.



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