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EC64-933 Dairy Foods, Money and Minutes

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TO HELP YOU PLAN MEALS

Everyone needs some milk every day.

MILK is our chief source of Calcium and Riboflavin.

Calcium is the mineral needed throughout life for strong, healthy bones and teeth.

Riboflavin is the vitamin so necessary to good health and growth.

Protein supplied by milk is of high quality and is necessary to build, repair, and maintain body tissues.

Milk is a good source of a variety of other minerals, vitamins, fats and sugars.

Remember, your family needs the nutrients supplied by the foods in these four groups each day:

MILK GROUP

Children. 3-4 cups
Teen Ager. 4 cups
Adults. 2 cups
Nursing Mothers . . 6 cups
Pregnant Women . . 4 cups
or More DAILY

FRUIT-VEGETABLE GROUP

4 or more servings daily

MEAT GROUP

2 or more servings daily

BREAD-CEREAL GROUP

4 or more servings daily

MEAL APPEAL WITH DAIRY FOODS

Dairy Sour Cream is a flavorful low-calorie topping for fruit.

Whipped cottage cheese with a little chopped chive or minced onion is a good topping for baked potato.

Cheese fits into every part of a meal: tangy appetizer, main dish, vegetable sauce, salad, and with fresh fruit for dessert.

The child delights in pouring his own milk. Provide an attractive pitcher of appropriate size.

Budget Wise - Extend your supply of commercial sour cream by adding 1/4 cup or more to 1 pint of Half and Half. Let stand at room temperature until thickened.

Weight Wise

1 cup whole milk . 165 calories
1 cup skim milk. . 90 "
1 T. dairy sour
cream 30 calories
1 T. mayonnaise . 90 "

Eat some of your milk:

A one inch cube of
cheese 2/3 cup milk
1/3 cup cottage
cheese 1/4 cup milk
1/2 cup ice cream . 1/4 cup milk

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DAIRY FOODS

E.C.64-933

MONEY and MINUTES



MILK ••
OUR MOST NEARLY
PERFECT FOOD
REFRESHING-HEALTHFUL

Extension Service
University of Nebraska College of Agriculture and Home Economics
and U. S. Department of Agriculture Cooperating
E. F. Frolik, Dean E. W. Janike, Director

WHEN YOU BUY DAIRY PRODUCTS:

1. Choose pasteurized products to protect health.
2. Select for use intended:
 - Fluid (whole or skim)
 - Dry Milk Solids (whole or skim)
 - Evaporated
 - Condensed (sweetened)
3. Select fluid milk, cottage cheese, cream cheese, cream and buttermilk from a clean, well refrigerated case.

WHEN YOU STORE DAIRY FOODS:

1. Follow the 3 C's for storing milk:
 - a. Keep it Clean.
 - b. Keep it Cold. Store in the coldest part of the refrigerator.
 - c. Keep it Covered to protect the delicate flavor of milk.
2. Soft, unripened cheese is quite perishable. Keep refrigerated in covered container. Use in a short time.
3. Wrap other cheese so air is kept out. It will keep for several weeks in the refrigerator.
4. Freezing will damage the texture of most cheese. Experiment. Likely best when frozen quickly in small pieces. Be sure to wrap tightly in moisture-vapor-resistant material. Store at 0° or lower.
5. Evaporated milk stored at home should be kept in a cool, dry place. Turn the cans end for end occasionally to prevent lumping in the bottom of the can.

WHEN YOU USE DAIRY FOODS:

1. Remove from the container only the amount of milk needed at one time. Return milk carton to the refrigerator immediately.
2. Freezing doesn't alter the milk's food value but frozen milk may have a less desirable appearance and flavor.
3. Cheese develops a finer flavor and mellowness at room temperature. Take it from the refrigerator 30 to 60 minutes before serving. The exception is cottage cheese.
4. Make your own sour milk for use in a recipe when you have only sweet milk. Measure 1 tablespoon vinegar or lemon juice into a measuring cup. Fill with milk. Let stand while mixing the other ingredients.

TO HELP YOU BUY DAIRY FOODS

Product	Market unit	Approx. meas.	Av. No. servings
Butter	1 lb. 1/4 lb. stick	2 cups 1/2 c.	48 sqs.
Cheese:			
Cheddar	1 lb.	4 cups grated	
Cottage	1 lb. 12 oz.	2 cups 1 1/2 c.	6 (1/3 cups)
Milk:			
Whole	1 qt.	4 cups	4
Evaporated (tall)		1 2/3 c.	
Nonfat dry	1 lb.	4 cups makes 3 Qt.	
Read directions on container for properly reconstituting Evaporated and Dry Milk.			
Ice Cream	1 qt.	4 cups	6 to 8
Whipping Cream	1/2 pt.	1 cup (2 cups whipped)	

DID YOU KNOW ???

ONE CUP MILK contains as much Calcium as: 7 EGGS
OR 10 ORANGES OR 1 3/4 lbs. carrots.

MILK gives greater food value for money spent than any other single food.