



— Cassandra, Champion Mom from Arizona

Fun Food News

1% Low Fat and Fat Free Milk

All the vitamins and minerals without all the fat.

Your kids are still growing. Be a Champion for Change and help them grow strong! Here's one great way: Serve 1% low fat or fat free milk at meals. Calcium helps keep their bones and teeth strong and healthy. Vitamin D helps the body absorb calcium. Milk, yogurt and cheese are all good sources of calcium and vitamin D. ALL types of milk in the U.S. have added vitamin D. The difference is that 1% low fat and fat free milk have all the vitamins and minerals without all the fat.

Facts for Moms

How much 1% low fat or fat free milk do we need each day?*

- Boys and Girls, 2-8 years old: 2 cups
 - Boys and Girls, 9-18 years old: 3 cups
 - Men and Women, 19 years old and older: 3 cups
 - Pregnant and breastfeeding women: 4 cups
- *Babies less than a year should have breast milk or iron fortified formula
*Children 1-2 years should drink whole milk

For the same amount of calcium:

- 1 cup low fat milk
- 1 cup low fat yogurt
- 1/3 cup shredded low fat cheese

Moms Making the Change

- Gradually go from whole milk to 2% milk, 2% to 1% low fat milk, 1% low fat to fat free milk.
- Trade 1% low fat milk for whole milk in recipes.
- Use low fat yogurt on top of cut up fruit for a quick dessert.
- Be active with your kids everyday. Dancing, walking and playing ball are excellent activities to keep bones strong.

Money Saving Tips for Moms

- Buy your milk in gallon containers to get more milk for your money.
- Mix powdered skim milk and water (follow package directions) to make 1/2 gallon and add to 1/2 gallon of 1% milk to stretch your food dollars.
- Add 1/2 cup water to 1/2 cup evaporated skim milk for 1 cup of skim milk.

Cheese Potato Pancakes

Serves: 4

Ingredients:

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| 1 medium egg | 1/4 teaspoon salt |
| 1 teaspoon 1% low fat milk | 1 tablespoon vegetable oil |
| 1 large potato with skin | 1/4 cup fat free sour cream |
| 1/2 cup grated low fat cheddar cheese* | 1 scallion, green part, finely chopped |
| 1 tablespoon unbleached all-purpose flour | * Use 2% reduced fat cheese if low fat is not available |

Directions:

1. Wash hands with warm water and soap.
2. Wash fresh produce before preparing.
3. In a medium bowl, whisk together egg and milk.
4. Grate potato into egg mixture.
5. Stir in cheese, flour and salt.
6. Add oil to large nonstick pan over medium heat.
7. Drop mixture into pan to form 2 "pancakes".
8. Cook for 5 minutes per side, or until golden brown.
9. In a small bowl, mix together sour cream and scallion.
10. Top each pancake with the scallion sour cream.
11. Serve warm.

Nutrition information per serving: calories, 296; carbohydrates, 34gm; protein, 14gm; total fat, 12gm; saturated fat, 3gm; trans fat, 0gm; cholesterol, 102mg; fiber, 2.6gm; sodium, 527mg; calcium, 185mg; folate, 22mcg; iron, 1.8mg; percent calories from fat, 35%. Adapted from www.3aday.org

Mozz Totz (A Great Snack)

Serves: 12

Ingredients:

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| 12 oz fat free mozzarella string cheese | 1/2 cup bread crumbs |
| 1/2 cup 1% low fat milk | 1/2 cup prepared marinara sauce, warmed |
| 1/2 teaspoon dried oregano | Non-stick cooking spray |
| 1/2 teaspoon dried basil | |

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350°.
3. Line a baking sheet with foil and spray lightly with cooking spray.
4. Remove cheese from package and cut into bite-size pieces.
5. In a small non-stick skillet mix oregano and basil with bread crumbs.
6. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
7. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely.
8. Place on baking sheet about 1 1/2 inches apart.
9. Spray string cheese lightly with non-stick cooking spray.
10. Bake 5-6 minutes or until heated through. (Cheese may melt slightly and lose shape. Simply press it back into place.)
11. Dip in warmed marinara sauce and enjoy.

Nutrition information per serving: calories, 69; carbohydrates, 6gm; protein, 10gm; fat, 0.4gm; saturated fat, 0gm; trans fat, 0gm; cholesterol, 5mg; fiber, 0.4gm; sodium, 268mg; calcium, 261mg; folate, 0.9mcg; iron, 0.4mg; percent calories from fat, 5%. Adapted from www.3aday.org

Quick and Easy Lasagna

Serves: 8

Ingredients:

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| 1 cup chopped onion | 1 can (6 oz) tomato paste | 2 cups cooked egg noodles |
| 1/2 pound lean ground beef | 1 1/2 cups water | 1 cup low fat (1%) cottage cheese |
| 1 can (16 oz) tomatoes | 1 teaspoon garlic powder | 1/3 cup grated parmesan cheese |

Directions:

1. Wash hands with warm water and soap.
2. Wash fresh produce before preparing.
3. Chop onion.
4. Cook beef and onion in a large frying pan until beef is brown and onion is tender.
5. Drain off excess fat in a small bowl.
6. Add tomatoes, tomato paste, water and garlic powder to the beef and onions. Bring to a boil and simmer until sauce is thick.
7. Cook noodles in a saucepan according to package directions. Drain.
8. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
9. Mix cheeses together and drop by spoonfuls into the frying pan.
10. Cover and heat over a low heat for about 5 minutes or until internal temperature is 165°F.
11. Serve immediately.

Nutrition information per serving: calories, 234; carbohydrates, 29gm; protein, 16gm; fat, 5gm; saturated fat, 2gm; trans fat, 0.1gm; cholesterol, 54mg; fiber, 2gm; sodium, 353mg; calcium, 101mg; folate, 69 mcg; iron, 2mg; percent calories from fat, 21%. Adapted from Eating Right is Basic.



For more healthy tips and recipes, call 1-800-695-3335 or visit eatwellbewell.org.

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. 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 1-800-352-8401. This institution is an equal opportunity provider and employer. ADHS 3-09

