

# Going Strong

Eating right and being active: These are two key ingredients to good health for people of all ages. Over time, though, our bodies have different nutritional needs, so getting enough of some nutrients is especially important for good health. Milk and other dairy foods can provide these nutrients.

## Calcium and Vitamin D

These two nutrients work together to build strong bones. Most of our bone mass is built in our teens and early twenties, so calcium needs are greatest then. But to maintain bone health, we also need more calcium and vitamin D as we age.

### Calcium:

Women over the age of 50 and men over the age of 70 need 1,200 milligrams (mg) of calcium per day—an additional 200 mg a day.

How can you get this additional calcium? It doesn't take much, really. You could add just one of these choices to your diet each day:

- An 8-ounce (oz) glass of low-fat milk provides 300 mg of calcium
- A 1-oz serving of cheddar cheese provides 213 mg of calcium
- A 6-oz container of vanilla low-fat yogurt contains almost 300 mg of calcium



### Vitamin D:

Women and men over the age of 70 need 800 International Units (IU) of vitamin D per day—an additional 200 IU per day.

- Drinking an additional 8-oz glass of milk is your best bet towards meeting your vitamin D needs; it contains about 120 IU of this vitamin.
- Fatty fish, such as tuna or salmon, and fortified cereals are other good food sources of vitamin D.

## Protein

A common feature of getting older is a gradual loss of muscle mass and function. Loss of muscle can increase the risk of osteoporosis. But eating enough high-quality protein each day can help.



The current recommendation for protein is the same for all adults 19 years and older: About 56 grams per day for the average man and 46 grams per day for the average woman.

However, this is the minimum amount to avoid a protein deficiency. Some experts suggest that adults older than 65 years may benefit from eating more protein for optimal health and to help avoid the loss of muscle mass related to aging. Undernourished older adults may need almost twice as much protein as a healthy adult.

Dairy foods provide high quality protein, so if you are drinking or eating extra to meet your increased calcium and vitamin D needs, you will be getting additional protein, too.

# How Dairy Helps

Dairy foods can help meet calcium, vitamin D and protein needs.



**1 cup of reduced-fat milk**

- 300 mg calcium
- 99 IU vitamin D
- 8 g protein



**8 ounces of low-fat vanilla yogurt**

- 388 mg calcium
- 2 IU vitamin D
- 11 g protein



**1 ounce cheddar cheese**

*(approximately the size of 2 playing dice)*

- 200 mg calcium
- 7 g protein

## The Dairy Advantage

Dairy foods such as milk, cheese and yogurt also contain other nutrients your body needs every day, such as B vitamins, phosphorous and high-quality protein (the type of protein that contains all nine essential amino acids and is most efficiently digested and absorbed by the body).

Eat protein foods throughout the day for better muscle growth and repair.

- Start the day with a breakfast of cereal and milk, or a smoothie made with milk and fruit.
- Enjoy a grilled cheese sandwich at lunch, or a creamy soup made with milk.
- Eat a yogurt for a mid-day snack.
- Drink milk with meals.



## Stay Active

Daily physical activity and strength training help prevent muscle loss as we get older. Here are three steps to stay active and healthy. Make sure to consult your doctor before starting any exercise routine, though.



1. Aim for at least 30 minutes per day of physical activity that increases your heart rate.
2. Add balance activities. Try rising up and down on your toes or walk a straight line heel to toe.
3. Make muscle-strengthening activities part of your weekly routine. Do arm curls with weights or use elastic bands to strengthen your shoulders or chest.

## Stay Hydrated

Drinking enough fluids to stay hydrated is important as we get older, since the body's ways of detecting dehydration decrease. For example, older adults have decreased thirst signals. Dehydration can cause weakness, dizziness and tiredness.

Milk is a great option for staying hydrated. Not only does it provide fluid, it also contains 9 other essential nutrients, including calcium, vitamin D and protein.

### Resources:

United Dairy Industry of Michigan, [www.MilkMeansMore.org](http://www.MilkMeansMore.org)  
National Dairy Council, [www.NationalDairyCouncil.org](http://www.NationalDairyCouncil.org)  
Academy of Nutrition and Dietetics, [www.EatRight.org](http://www.EatRight.org)

For more information, visit [www.MilkMeansMore.org](http://www.MilkMeansMore.org).



# DAIRY FOODS FACTS & MYTHS

## FOR YOU AND YOUR FAMILY

3 daily servings of dairy ensure you and your family get the important nutrients you need, including calcium, vitamin D, B-vitamins, and protein.



**MYTH** Chocolate milk is unhealthy and has too much sugar.



- FACTS**
- Chocolate and other flavored milks contain the same nutrients, such as vitamins, minerals, and protein, as white milk.
  - More than half of the sugar in chocolate milk is natural milk sugar – lactose – which is found in all milk, white and flavored.
  - About half of the added sugar in kids' diets comes from soda and fruit drinks. Flavored milks contribute only about 4% of the added sugar in kids' diets.

**MYTH** There is no need to drink milk since a variety of foods contain calcium.



- FACTS**
- Dairy foods are the major source of calcium in the American diet. Few other foods contain calcium naturally in amounts similar to milk.
  - To provide the same amount of calcium found in one 8-ounce cup of milk (300mg), you would need to eat 3 ½ cups of broccoli, 1 cup of almonds, or 10 cups of spinach.
  - The calcium in milk and milk products is easily absorbed and used by the body. Some plant foods contain oxalate or phytate; substances which can inhibit the body's absorption of calcium.

**MYTH** Plant-based “milks” are a good substitute for cow’s milk.



- FACTS**
- Plant beverages are not good milk substitutes when it comes to nutrition. Many of the vitamins and minerals naturally found in cow's milk must be added to plant beverages, along with stabilizers and emulsifiers, to come close to the nutrition equivalent of milk.
  - Not only is cow's milk packed with calcium, it contains eight other essential nutrients, including vitamin D, vitamin A, and B-vitamins.
  - Milk is a source of high-quality protein, providing 8 grams of protein per cup, whereas alternative beverages, like almond, coconut, and rice, have only a small amount of protein.

**MYTHS AND MISCONCEPTIONS CAN LEAD TO NEEDLESS ELIMINATION OF DAIRY FOODS FROM INDIVIDUALS' DIETS.**

*Empower yourself with the nutrition information to make healthful food and beverage choices for you and your family.*

## SCIENTIFIC EVIDENCE SHOWS THAT REGULAR CONSUMPTION OF DAIRY PRODUCTS IS LINKED TO:

*Improved bone health in children and teens, lower blood pressure, and reduced risk of cardiovascular disease and type 2 diabetes in adults.*



### MYTH

All milk contains antibiotics, except organic milk.

### FACTS

- All milk, whether conventionally produced or organic, is antibiotic-free. Milk is strictly tested for antibiotics, both on the farm before it is transported and again at the dairy processing plant. If, at any time, milk tests positive for antibiotics, it is disposed of immediately and does not get into the food supply.
- Dairy cows may require antibiotics to treat an occasional illness. Milk from a cow being treated with antibiotics is not sold for human consumption. The milk from this cow is tested to be sure the antibiotics have cleared the cow's system before resuming sales.



### MYTH

Organic milk is healthier than regular milk.

### FACTS

- Research shows that conventionally produced dairy foods have the same amounts of vitamins, minerals, and protein as organic dairy foods.
- Strict government standards ensure that all cow's milk, whether conventionally produced or organic, is safe and wholesome.



### MYTH

People who are sensitive to lactose should avoid all dairy foods.

### FACTS

- Lactose intolerance affects people in different ways. Most people with lactose intolerance can tolerate some dairy foods and should include them because they are full of vitamins, minerals, and protein.
- Yogurt with live, active cultures, aged cheeses like Cheddar and Swiss, and lactose-free dairy foods are recommended options for individuals with lactose intolerance. Lactose-free milk is real cow's milk with the same essential nutrients as regular cow's milk.

**MILK**  
MEANS MORE

United Dairy Industry of Michigan

Visit us online at [www.MilkMeansMore.org](http://www.MilkMeansMore.org)

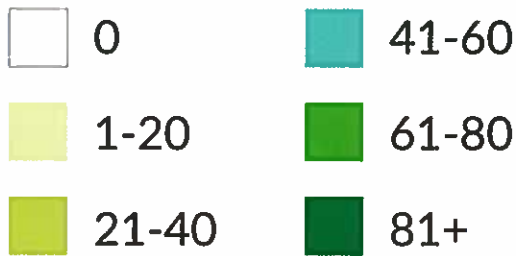


# Milk is Local

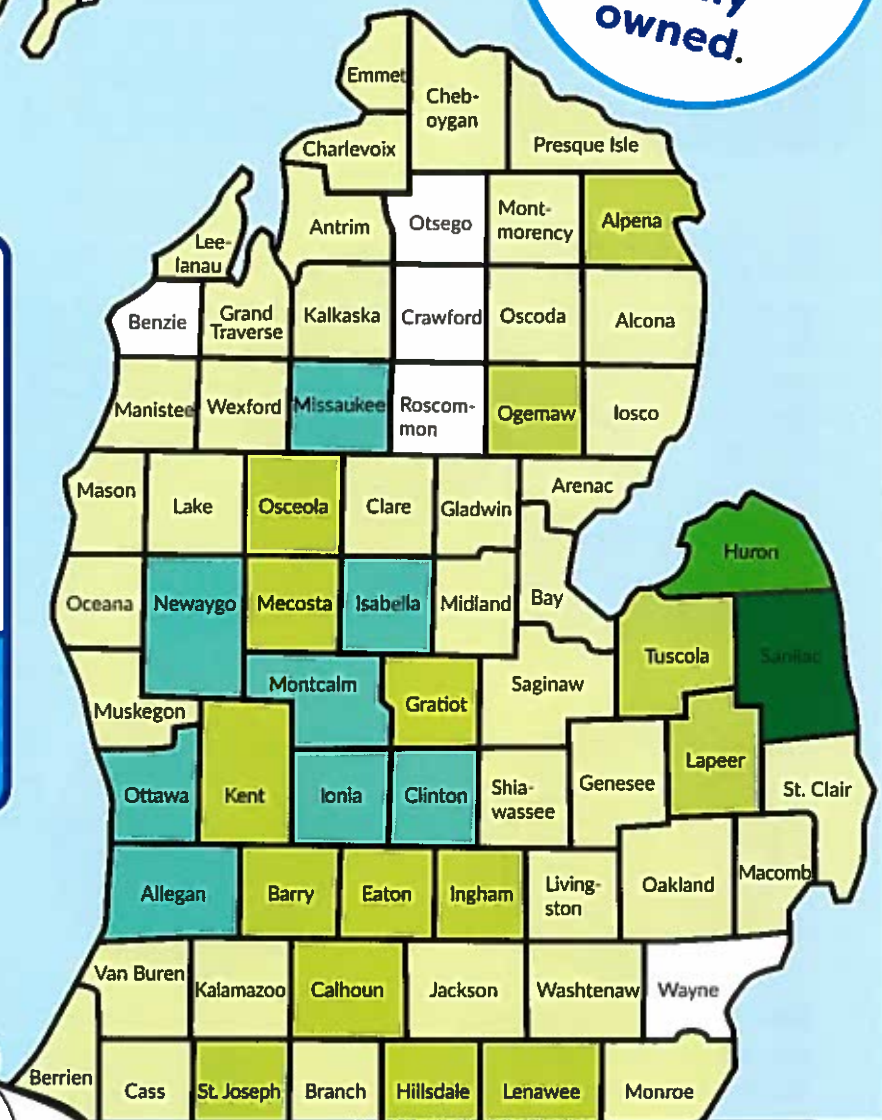


**97%** of Michigan dairy farms are family owned.

## Number of Dairy Farms



Meet local dairy farm families at [www.MilkMeansMore.org](http://www.MilkMeansMore.org)



Every container of milk is identified by a **5-digit code**.



Codes beginning with **26** mean the milk was bottled in a **Michigan** dairy plant.



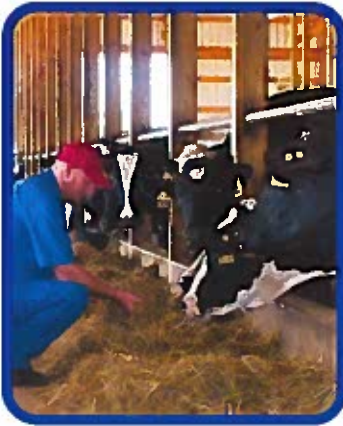
Milk from Michigan cows is bottled in Michigan **and** neighboring states.

**Milk travels from farm to you within 48 hours.**

**MILK MEANS MORE**

# Dairy Foods from Farm to You

Milk is a local food in Michigan. The milk, cheese and yogurt your family enjoys started at a dairy farm and took the journey outlined below.



Dairy farmers' commitment to ensuring high-quality milk begins with providing their cows with good care, nutritious food, clean water and a place to rest.

Michigan is home to over **425,000 dairy cows** that live on approximately **1,500 dairy farms**.

Cows are milked by milking machines two to three times per day, depending on the farm.



Dairy foods are among the **safest and most tested foods** in the U.S. The milk you buy at the store is **antibiotic free**.

From the dairy farm to you, milk goes through strict quality controls, including pasteurization, to ensure freshness, purity and great taste.



**Human hands never touch milk;** it travels through sanitized stainless-steel pipes.



Milk is cooled to at least **45° F** within two hours of milking to ensure freshness.

**Pasteurization:** Milk is heated then rapidly cooled to ensure its safety.



Milk is made into cheese, yogurt or other dairy foods, or it is bottled as white or flavored milk.

Refrigerated trucks deliver milk to the grocery store, local schools and other customers within **48 hours** of leaving local dairy farms.



All cow's milk has the same **nine essential nutrients**, including protein, vitamin D, and calcium.



You and your family can count on safe, high-quality milk from farm to fridge.

**MILK MEANS MORE**

Adapted from American Dairy Association Midwest  
Revised 2018

To meet Michigan dairy farm families, get dairy nutrition information and find delicious dairy recipes, visit [www.MilkMeansMore.org](http://www.MilkMeansMore.org).



# Plan Your Pantry

## TIPS FOR REDUCING

# FOOD WASTE



### Know Before You Go

- ◆ Shop your pantry, fridge, and freezer.
- ◆ Make a list of what needs to be used.
- ◆ Plan your menu for the week around foods you have on hand.
- ◆ Create a shopping list based on what is not in the pantry, your menu plan, coupons and basic needs.

### Shop Smart, Cut Costs

- ◆ Take your shopping list and stick to it.
- ◆ Compare prices as you shop. Store brand products are often more affordable and equal in quality to national brands.
- ◆ Take advantage of coupons and reward programs from grocers.
- ◆ Stock up only when the price is right. Take advantage of specials on frozen foods and pantry staples.
- ◆ Shop the entire store for different forms of fruits and vegetables.
- ◆ Frozen or canned fruits and vegetables, for example, have a longer shelf-life, are affordable and make nutritious side dishes.



### Basic Pantry and Fridge Stocking List

#### Fruits & Vegetables

- ◆ Fruits (canned, fresh or frozen)
- ◆ Vegetables (canned, fresh or frozen)
- ◆ Canned beans
- ◆ Jarred salsa and pasta sauce

#### Protein

- ◆ Nuts and seeds
- ◆ Eggs
- ◆ Canned or pouch-packed meats like tuna, salmon and chicken

#### Fresh or frozen meats and seafood

- lean beef – ground, steaks, roasts
- chicken – boneless breasts, parts and tenders
- ground turkey – lean
- pork – chops, tenderloin, roast
- fish fillets – salmon, tilapia, etc.

#### Grains

- ◆ Whole grain crackers
- ◆ Whole grain pasta
- ◆ Instant brown rice
- ◆ Whole-grain hot and cold cereals

#### Dairy

- ◆ Milk
- ◆ Yogurt
- ◆ Cheese – shredded, parmesan, slices, cottage
- ◆ Butter/spread

#### General Grocery

- ◆ Reduced-sodium canned or boxed broth and recipe-ready soups
- ◆ Marinades and sauces – teriyaki, lemon pepper, garlic & herb, mesquite, barbecues
- ◆ Herbs and spices
- ◆ Vinegars – balsamic, red or white wine, cider, rice
- ◆ Canola and olive oil



# Plan Your Pantry

TIPS FOR REDUCING

## FOODWASTE

### Cooking, Storage and Reducing Waste

Consume most perishable items you purchase first. Fresh foods should only be purchased as far as a week in advance and used as soon as possible.

Use the concept of first-in first-out. Many foods get “lost” in the weekly rotation of shopping, cooking and eating before they can be used. Use a marker to write the purchase date on each item.

Use distressed but safe produce before tossing. Overripe bananas are perfect for smoothies or aging vegetables are great roasted or used in soup or stew.

Freeze foods that won't be used right away. Bread, sliced produce and meat can all be frozen and used at a later date. Prepare and freeze items for ready-to-go meals later in the month.

Embrace leftovers. Cook extra proteins to be used the next day as an easy dinner prepped with frozen vegetables and pasta or packed up for a to-go lunch. Casseroles, stir-fries, soups and smoothies are great ways to use leftovers.

#### Know what best by, sell-by and use-by codes mean.

- ◆ A “Best if Used By/Before” date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- ◆ A “Sell-By” date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- ◆ A “Use-By” date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

### Resources

<https://www.epa.gov/recycle/reducing-wasted-food-home>  
<https://www.todaysdietitian.com/newarchives/0516p38.shtml>

#### Breakfast Ideas

- Whole-grain cereal + milk + banana slices
- Yogurt + granola + canned peaches
- Whole-grain toast + cottage cheese + orange
- Oatmeal + milk + walnuts & raisins
- Whole-grain waffles + strawberries + glass of milk

#### Lunch Ideas

- Grilled cheese sandwich + tomato soup + apple slices
- Egg salad wrap in whole-grain tortilla + carrot sticks + milk
- Vegetable soup + cheese & whole-grain crackers + canned pears
- Macaroni & cheese + grape tomatoes + pineapple chunks
- Chicken & veggie salad + pretzels + pudding cup

#### Dinner Ideas

- Pan fried fish fillets + instant brown rice + broccoli florets
- Bean & cheese burritos + corn + canned peaches
- Grilled pork chops + baked sweet potato + steamed cauliflower
- Frozen cheese pizza with veggies + green salad + milk
- Rotisserie chicken + mashed potatoes + mixed vegetables

#### Snack Ideas

- Frozen banana + low-fat milk + peanut butter (smoothie)
- Pita bread + veggies + hummus
- Cottage cheese + fruit + crackers
- Oatmeal cookie + milk
- Apple slices + cheese cubes





# THINK YOUR DRINK

When it comes to **NUTRITION**, not all drinks are created equal.



## FAT-FREE MILK

	% Daily Value
<b>Protein</b>	<b>16%</b>
<b>Vitamin A</b>	<b>10%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Vitamin D</b>	<b>30%</b>
<b>Calcium</b>	<b>30%</b>
<b>Sugar</b>	<b>12 g</b>

Calories **80**

Serving Size = 8 ounces



## FAT-FREE CHOCOLATE MILK

	% Daily Value
<b>Protein</b>	<b>16%</b>
<b>Vitamin A</b>	<b>10%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Vitamin D</b>	<b>30%</b>
<b>Calcium</b>	<b>30%</b>
<b>Sugar</b>	<b>18 g</b>

Calories **110**

(Includes 1.5 tsp. added sugar)  
Serving Size = 8 ounces



## ENERGY DRINK\*

	% Daily Value
<b>Protein</b>	<b>0%</b>
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Vitamin D</b>	<b>0%</b>
<b>Calcium</b>	<b>0%</b>
<b>Sugar</b>	<b>27 g</b>

Calories **110**

(Includes 6.5 tsp. added sugar)  
Serving Size = 8.4 ounces




## SPORTS DRINK

	% Daily Value
<b>Protein</b>	<b>0%</b>
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>1%</b>
<b>Vitamin D</b>	<b>0%</b>
<b>Calcium</b>	<b>2%</b>
<b>Sugar</b>	<b>22 g</b>

Calories **120**

(Includes 5.3 tsp. added sugar)  
Serving Size = 12 ounces



## COLA

	% Daily Value
<b>Protein</b>	<b>0%</b>
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Vitamin D</b>	<b>0%</b>
<b>Calcium</b>	<b>0%</b>
<b>Sugar</b>	<b>37 g</b>

Calories **155**

(Includes 9.25 tsp. added sugar)  
Serving Size = 12 ounces



## DIET COLA

	% Daily Value
<b>Protein</b>	<b>0%</b>
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Vitamin D</b>	<b>0%</b>
<b>Calcium</b>	<b>0%</b>
<b>Sugar</b>	<b>0 g</b>

Calories **4**

Serving Size = 12 ounces

\*The American Academy of Pediatrics states: "Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents."

USDA National Nutrient Database for Standard Reference, Release 28. The sugar and calorie data for chocolate milk are representative of milk available in 2015-2016 school year - MilkPEP School Channel Survey. % Daily Values are based on a 2,000 calorie diet.

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visit [MilkMeansMore.org](http://MilkMeansMore.org)



## ORANGE JUICE

Calories  
**120**

	% Daily Value
Protein	4%
Vitamin A	2%
Vitamin C	140%
Vitamin D	0%
Calcium	2%
Sugar	21 g

Serving Size - 8 ounces



## FRUIT PUNCH

Calories  
**120**

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	100%
Vitamin D	0%
Calcium	0%
Sugar	25 g

(Includes 6.25 tsp. added sugar)

Serving Size - 6.75 ounces



## SWEETENED ICED TEA

Calories  
**120**

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	1%
Sugar	30 g

(Includes 7.5 tsp. added sugar)

Serving Size - 12 ounces



## WATER

Calories  
**0**

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%
Sugar	0 g

Serving Size - 8 ounces

# THINK Milk

**THINK Milk** with meals, water in between.

**THINK Milk** Did you know that with milk you can actually drink your protein? Each eight ounce serving of milk provides eight grams of high-quality protein, an essential part of a healthy diet.

**THINK Milk** Curious about the sugar found in milk? Fat-free milk contains no added sugars – it only contains lactose, an all-natural sugar found in milk as it comes from the cow.

**THINK Milk** Often considered “nature’s sports drink,” chocolate milk offers the same nine essential nutrients that regular milk does and an ideal carbohydrate-to-protein mix that supports physical activity. Plus, it tastes great!





# LACTOSE INTOLERANT?

## THINGS YOU NEED TO KNOW

Living with lactose intolerance doesn't mean you have to give up your favorite dairy foods. In fact, despite some common misconceptions, most people are able to enjoy dairy even if they are lactose intolerant.

### 1 Lactose intolerance isn't as common as you think.



In fact, roughly 1 in 10 adults report having lactose intolerance, and that's through self-diagnosis (which may be inaccurate). If you are experiencing symptoms such as gas, bloating or diarrhea, it's best to consult your doctor for a proper diagnosis.

Here are five things you should know if you think you are lactose intolerant:

### 2



#### You can still enjoy your favorite dairy foods.

Just because you are lactose intolerant, you don't necessarily have to give up dairy all together. Many health experts agree you should still try to consume dairy because it provides nine essential nutrients needed for a healthy diet.



### 3 Find what works best for you.

### 3

The amount of lactose varies depending on the type of dairy food you are consuming. Start small by mixing low-fat or fat-free dairy with other foods. You can also try cheese and yogurt, or lactose-free milk.

### 4

#### Lactose-free milk still packs a nutritional punch.



Lactose-free milk is real dairy, just without the lactose. It provides the same essential nutrients, such as calcium, potassium, and vitamin D, found in regular dairy products.

### 5 Cooking when you are lactose intolerant is easy.



### 5

Even if you've been diagnosed with lactose intolerance, your meals can still be exciting. Visit the National Dairy Council's website or Pinterest page to find recipes for you and your family.

For more information about lactose intolerance, visit

[nationaldairycouncil.org](http://nationaldairycouncil.org)



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