No “Moo”-Hooing over Spilled Milk!

Celebrate National Dairy Month this June

Dairy is an important component of the 2010 Dietary Guideline’s Choose MyPlate not only as an excellent source of complete protein, but also for it’s influence on bone health as well! Packed with calcium and vitamin D, one serving of dairy products provide us with about 30% of our daily calcium needs! What does one serving of dairy look like?

⇒ 1 cup of milk
⇒ 8 oz yogurt (1 cup)
⇒ 2 cups cottage cheese
⇒ 1.5 oz hard cheese (cheddar, mozzarella, Swiss, Parmesan)

One serving of Dairy provides about 300 mg of calcium.

The average adult needs 1200mg-1500mg per day!

Dairy Facts:

- **Milk is the #1 food source of vitamin D, calcium and potassium** which the Dietary Guidelines indicate are the nutrients that adults and children need more of.

- **Cow’s milk is also an excellent source of phosphorus, riboflavin, and vitamin B-12** which are vital nutrients for strong bones and a healthy body.

- **Food First!** The Academy of Nutrition and Dietetics, National Institutes of Health and the American Academy of Pediatrics believe that receiving calcium through food, especially in foods like dairy, where it is naturally occurring, is the best source compared to supplements. If not all needs are able to be met through real foods, then a calcium supplement may be considered.

- Research has demonstrated that dairy products can play an important role in achieving and sustaining a healthy weight and maintaining strong bones. There is also evidence to support the role of low-fat dairy products for improving overall heart health.
Refuel with Dairy! Sports Nutrition and Milk:

Protein and carbohydrate are both needed for adequate recovery from exercise. Sports teams from across the nation look to milk as an effective way to replace the fuel stores in the muscles and rebuild muscle!

**Refuel with milk post exercise!** Milk replaces fluid post exercise, reduces muscle damage which can help for the next workout and can improve body composition over time and increases the body’s ability to create new muscle.

- Milk has carbohydrates to help refuel the body; protein to help reduce muscle breakdown and stimulate growth; and fluid and electrolytes to aid in rehydration.
- Research shows that milk can be as effective as some sports drinks for post workouts to help rehydrate, refuel and recover.
- Enjoy a chocolate, vanilla or strawberry flavored low-fat milk after exercise.
- Enjoy a post workout smoothie with fruit and ice to re-fuel with healthy nutrition.
- Add some low-fat milk to granola as a post workout snack.

Refuel with Dairy!

No lactose? No problem!

- Lactose-free milk is a great alternative that still packs a dose of calcium and other beneficial vitamins and minerals!
- If you are lactose-intolerant, Greek yogurt can often be consumed which offers a great source of both dairy and protein as well!
- Avoiding milk and dairy products may increase risk of nutrient deficiencies such as low calcium which can increase one’s risk of other chronic diseases such as osteoporosis.

Fun Facts about Dairy

The average cow produces enough milk each day to fill six one-gallon jugs, about 55 pounds of milk. It takes more than 21 pounds of whole milk to make one pound of butter.
Mango Papaya Salsa
Serve this tasty salsa on top of fish, chicken and steak or simply enjoy it with chips.

Ingredients:

- 1 mango, peeled and flesh diced
- 1 papaya, peeled, seeded and diced
- 2 tablespoons diced red onion
- 1 tablespoon minced garlic
- 1/4 cup cider vinegar
- 1/2 teaspoon ground allspice
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 1/4 cup currants
- 1 tablespoon freshly chopped cilantro leaves

Directions:
1. Add all the ingredients to a medium serving bowl.
2. Mix to combine.
3. Serve salsa and enjoy!

Nutritional Information/ Amount per serving:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>3 g</td>
</tr>
<tr>
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<tr>
<td>Dietary Fiber</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Sodium</td>
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</tbody>
</table>

Serving Size: 2 Tbsp  
Number of Servings: 24

Modified from Foodnetwork.com
Spanish-Themed Summer Date Night Cooking Class
Grab a friend or loved one and join us for a Spanish-themed culinary trip. Sample amazing, authentic
Visit: [http://www.nutritioncenter.colostate.edu/classes/date-night.aspx](http://www.nutritioncenter.colostate.edu/classes/date-night.aspx)
June 19th cooking class
6pm-8pm

Healthy You
Learn to be more mindful about your eating and lifestyle!
Join our successful 6-week program for nutrition insights; shopping, planning and cooking tips; goal setting; portion guidelines; and more.
Session 2: Wednesdays July 8 to August 12
- Times: 6 - 7:30 pm
- Cost: $100 class (discounts for CSU students and employees!)

Tele-coaching
Get one-on-one nutrition coaching with our registered dietitians without leaving your house.
Same rate as individual coaching here: [http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx](http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx)

Resting Metabolic Rate
State of the art equipment determines your basic calorie needs in a 30-minute appointment, and we provide recommendations based on your activity or weight goals.
- Cost: $100 ($50 for CSU students and employees).

Classes fill up fast, so sign up online or call soon to reserve your spot!