



Tips to Enjoy Low-Fat and Fat-Free Dairy

1. Serve low-fat milk and yogurt at breakfast, lunch and supper.
2. Use fat-free or low-fat milk to make hot cereal and creamy soups.
3. Try fat-free or low-fat cottage cheese with canned fruit.
4. On cold days, warm a cup of fat-free or low-fat milk and add some cinnamon and vanilla.
5. Replace sour cream with plain low-fat yogurt.
6. Use fat-free evaporated milk instead of cream.
7. Lactose intolerant? Try lactose-free milk or calcium-fortified soy milk.
8. Serve low-fat milk or water when thirsty anytime.

Today your child learned about dairy products and why they're important.

- Strong bodies need strong bones. Give your preschooler fat-free or low-fat (1%) milk or yogurt at meals and snacks. They're packed with vitamins, minerals, and protein for strong, healthy bones.
- Switch to low-fat (1% or less) milk for children aged two and older for fewer calories and less fat.
- You teach by doing. Every time you drink fat-free or low-fat (1%) milk, or eat low-fat yogurt, you're giving your kids a lesson in how to eat for better health. It's a lesson they can use for all their lives.

Cauliflower Mashed Potatoes

Makes: 4 cups

Serves: 8 (1/2 cup serving)

Ingredients

2 medium potatoes, peeled and cut into chunks
 1 small head of cauliflower, cut into 1-inch florets
 2 tablespoons part-skim ricotta cheese
 2/3 cup low-fat (1%) milk
 1/2 teaspoon garlic powder
 Salt and pepper to taste

Steps

1. **Wash** and prepare the potatoes and cauliflower.
2. **Place** potatoes in a pot with 4 cups of cold water. Bring to a boil. Reduce heat to low boil. Cook for 5 minutes. Add cauliflower and cook for 10 to 15 more minutes or until both are tender when pierced with a fork. Drain well.
3. In a large mixing bowl add potatoes, cauliflower and ricotta cheese. **Mash** with a fork or potato masher.
4. Slowly **add** milk. **Season** with garlic powder, salt and pepper. Mix until vegetables are creamy and smooth.
5. **Enjoy!**

Have your child help you do the bold steps.

Recipe adapted from Just Say Yes to Fruits and Vegetables. Reprinted with permission.

Choose Your Milk!

Take a look!

What kind of milk is lowest in calories?

What kind of milk is lowest in fat?

Lose the Fat, Keep the Nutrients!

- Low-fat and fat-free milk are the healthiest choices for everyone 2 years and older.
- In taste tests, most people can't taste the difference. So why not switch to a lower-fat version?
- If you usually drink whole milk, switch gradually to fat-free milk. Try reduced-fat (2%), then low-fat (1%), and then finally fat-free.

MILK

Milk Comparison (1 cup serving)	Calories	Total Fat (grams)
Whole Milk	150	8
Reduced-Fat Milk (2% Milk)	120	5
Low-Fat Milk (1% Milk)	100	2.5
Fat-Free Milk	80	0

The answer is fat-free milk.

Low-fat and fat-free milk provide the same amount of protein, calcium, and vitamin D as whole milk or 2% milk, but less fat and fewer calories.

Eat Well Play Hard in Child Care Settings



Department of Health

Child and Adult Care Food Program

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