

Buttermilk

Did you know?

- Buttermilk comes in liquid and powdered/dry form.
- Because the fat has been removed from buttermilk, it has a lower fat content than regular milk.
- Buttermilk is a good source of calcium, potassium, and riboflavin.

Fun Fact!

Buttermilk, like yogurt, contains live bacteria culture which is beneficial for gut health.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- If you have digestive problems, buttermilk is easier on your stomach than regular milk.
- Buttermilk is popular in baked goods such as pancakes, waffles, and biscuits.
- A serving of buttermilk is an acceptable choice in consuming two to three daily dairy servings, according to the USDA.

Bran Muffins

5 cups flour
2 teaspoons salt
2 teaspoons baking soda
3 cups sugar
1 15 ounce carton raisin bran
4 eggs, beaten
4 cups buttermilk
1 cup oil
Vegetable spray or oil

Wash hands and work area before cooking. Measure flour into 1 large bowl. Add salt, baking soda, sugar and raisin bran to the flour and mix well with spoon. With a spoon make a "well" in the center of the dry ingredients. In the medium size bowl, beat the eggs with a fork until whites and yolk are evenly blended. Add milk and oil to eggs. Beat with fork. Add liquid to dry ingredients. Stir until dry ingredients are moistened (mixture will be lumpy). Lightly oil the

bottoms of the paper cups in the muffin pan (or use muffin cups). Fill the muffin cups to $\frac{3}{4}$ full. Bake at 425°F for 15-20 minutes. After baking the muffins can be frozen for future use.

Preparation Time: 15 minutes
Cook Time: 15-20 minutes
Yield: 30 servings

Calories: 290
Total Fat: 9g
Cholesterol: 25mg
Sodium: 350mg
Total Carbohydrate: 50g
Protein: 5g


<http://recipefinder.nal.usda.gov>

Find-A-Word

Alfalfa
Ayrshire
Brown Swiss
Corn
Dairy

Gallon
Guernsey
Holstein
Jersey
Michigan

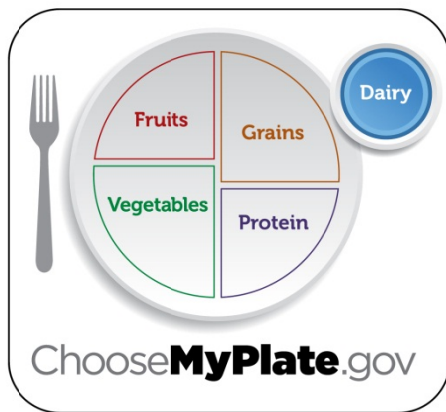
Milking Shorthorn
Molasses
Oats
Purebred
Red and White



C	B	R	O	W	N	S	W	I	S	S	T	X	O	M	R	F
D	O	E	P	P	I	R	Q	N	S	A	E	L	N	O	A	H
E	D	D	Y	R	E	D	O	G	O	L	M	M	D	L	U	D
T	L	A	N	D	T	U	A	X	H	I	A	B	F	A	F	A
F	R	N	M	H	S	L	O	T	Q	E	R	A	L	S	N	S
G	P	D	I	P	L	O	S	E	F	A	L	A	G	S	X	O
J	L	W	K	O	O	M	P	T	N	F	Q	S	R	E	P	T
B	B	H	N	C	H	D	J	E	A	L	Y	F	H	S	U	G
S	M	I	L	K	I	N	G	S	H	O	R	T	H	O	R	N
O	U	T	A	C	A	U	B	D	O	N	I	Y	S	R	E	J
I	J	E	R	S	E	Y	P	D	B	B	A	L	F	K	B	H
Y	W	A	S	R	D	F	R	Z	C	Z	D	A	C	O	R	N
P	V	L	N	O	R	V	H	S	I	L	L	D	S	P	E	S
Y	E	S	T	V	M	O	A	T	H	R	E	M	D	I	D	Q
D	E	L	I	N	A	G	I	H	C	I	M	U	R	A	L	D
Y	Z	O	P	P	I	R	E	A	D	L	R	A	M	D	E	R
A	L	L	B	O	C	C	Y	R	U	U	D	E	L	I	Q	X



American Dairy Association



Cheese

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Cheese is an excellent source of calcium, phosphorus, protein, and vitamin A.
- It takes 10 pounds of milk to make 1 pound of cheese.
- Macaroni and Cheese is the most popular cheese recipe in America.

Fun Fact!

The average American eats 32 pounds of cheese a year!

FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Always check the expiration date to ensure good quality.
- California is the fastest growing cheese producer in America.
- It is important to not let cheese dry out.
- Cheese is made from only 4 ingredients: milk, salt, healthful bacteria, and the enzyme rennet.

Classic Macaroni and Cheese

2 cups macaroni
½ cup chopped onion
½ cup evaporated non-fat milk
1 egg, medium, beaten
¼ tsp. black pepper
1¼ cup cheese, finely shredded sharp cheddar, low-fat
Cooking oil spray

Wash hands and work area before cooking. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350 degrees. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining

ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Preparation Time: 20 minutes

Cook Time: 35 minutes

Yield: 8 servings

Calories: 110

Total Fat: 2g

Cholesterol: 25mg

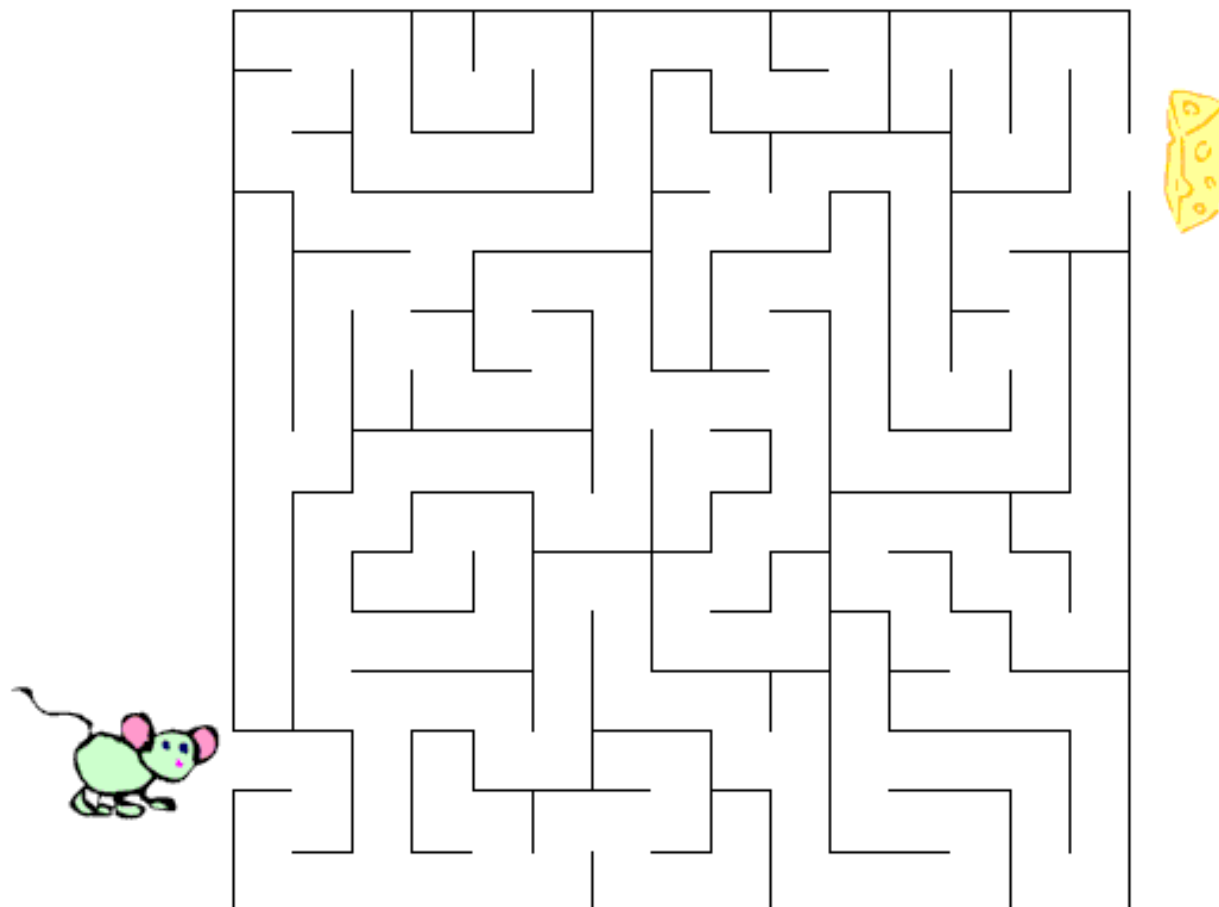
Sodium: 135mg

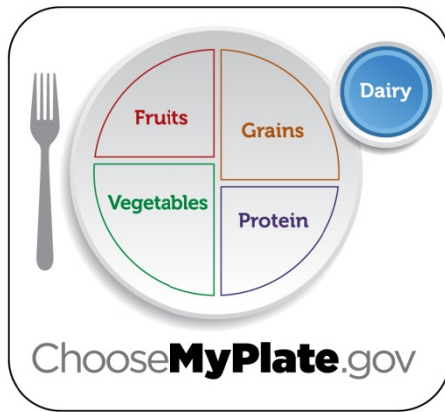
Total Carbohydrate: 14g

Protein: 8g

<http://recipefinder.nal.usda.gov>

Help the mouse find the slice of cheese!





Ice Cream

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Vanilla is the #1 selling flavor in America.
- It takes 12 pounds of milk to make a gallon of ice cream.
- July is national ice cream month.

Fun Fact!

The Blue Bell Creamery in Brenham, TX ranks among the top 3 ice cream selling companies in America.

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Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Ice cream is a good source of calcium and vitamin A.
- Ice cream should be stored in the freezer between -5°F and 0°F.
- The United States is the largest ice cream consuming country in the world.
- Avoid leaving ice cream in the freezer for an extended period to prevent freezer burn.

Frosty Chocolate Banana Pops

2 cups chocolate milk
1½ cups sliced bananas
1 cup chocolate ice cream

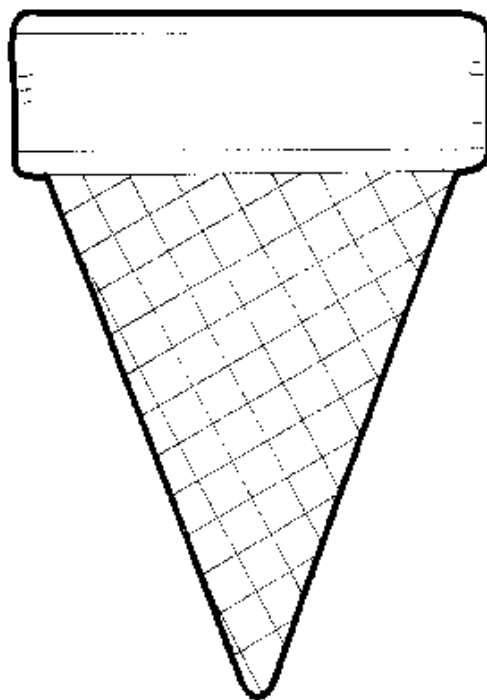
Wash hands and work area before cooking. Combine chocolate milk and remaining ingredients in blender. Cover and blend at high speed until smooth. Pour mixture evenly into Popsicle mold. Freeze until partially firm, from 5 to 7 hours.

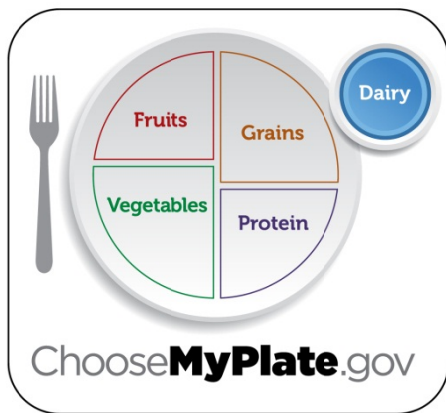
Preparation Time: 5-7 hours
Cook Time: 0 minutes
Serves: 8

Calories: 100
Total Fat: 3g
Cholesterol: 0mg
Sodium: 51mg
Total Carbohydrate: 18g
Protein: 3g

<http://www.dairygoodness.ca>

Create your own ice cream cone!





Milk

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Milk is nutrient dense, containing 9 essential nutrients!
- Milk is one of the best sources of calcium.
- Milk is the #1 food source of three of the four nutrients of concern identified by the Dietary Guidelines for Americans.

Fun Fact!

Milk cools your mouth after eating spicy food.

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- The average American consumes about 25 gallons of milk per year!
- June is national dairy month.
- Drinking milk can help prevent osteoporosis later in life.
- Always check the expiration date on the milk jug and smell the milk to ensure it hasn't soured.

Fruit Milk Shakes

1 cup milk (or water)
½ cup non-fat dry milk
2 bananas, ripe (or ⅓ cup orange juice concentrate)
1 teaspoon vanilla
10 large ice cubes

Wash hands and work area before cooking. Place the foods together in a blender. Blend for 30 seconds to 1 minute. Serve.

Preparation Time: 10 minutes

Cook Time: 0 minutes

Yield: 2 servings

Calories: 220

Total Fat: 0.5g

Cholesterol: 5mg

Sodium: 170mg

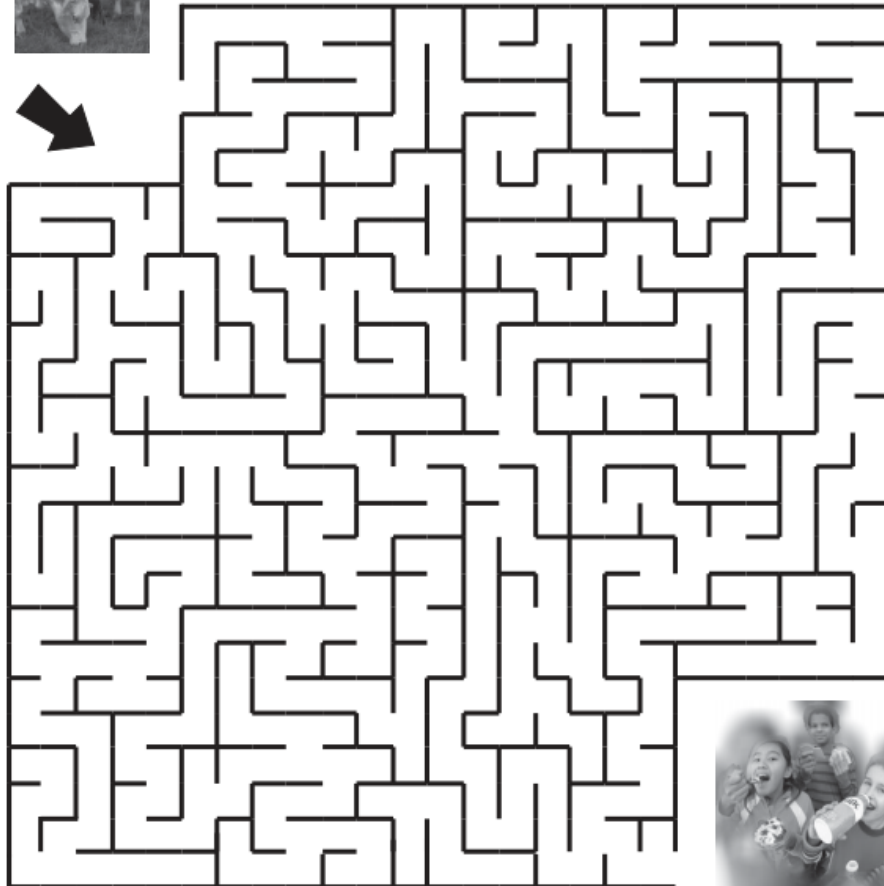
Total Carbohydrate: 43g

Protein: 12g

<http://recipefinder.nal.usda.gov>

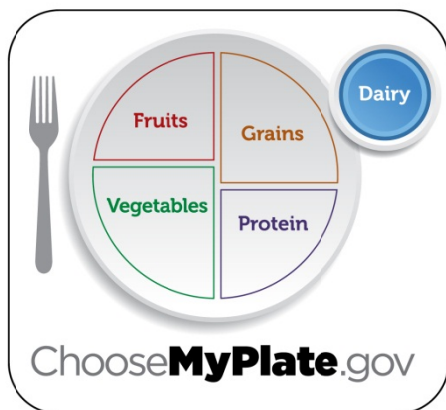


**Help the dairy farmers move
their milk from farm to table.**



UDIM
UNITED DAIRY INDUSTRY OF MICHIGAN

www.udim.org



Mozzarella Cheese

Did you know?

- Mozzarella cheese is a good source of calcium, and protein.
- Mozzarella cheese also contains potassium, chloride, iron, and sodium.
- Mozzarella is characteristically identified by its stringy texture.

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Fun Fact!

Mozzarella cheese was originally made from the milk of a water buffalo.

FIGHTBAC!

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Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Look for mozzarella cheese made from low or reduced fat milk.
- Mozzarella is made in three forms: stretched, pressed, and fresh.
- Mozzarella was introduced to the United States by Italian immigrants.

Anytime Pizza

½ loaf Italian or French bread, split lengthwise, or 2 split English muffins

½ cup pizza sauce

½ cup mozzarella or cheddar cheese, low-fat, shredded

3 tablespoons green pepper, chopped

3 tablespoons mushrooms, fresh or canned, sliced

Vegetable toppings, as desired

Italian seasoning, optional

Wash hands and work area before cooking. Toast the bread or English muffin until slightly brown. Top bread or muffin with pizza sauce, vegetables and low-fat cheese. Sprinkle with Italian seasonings as

desired. Return bread to toaster oven (or regular oven preheated to 350°F). Heat until cheese melts.

Preparation Time: 15 minutes

Cook Time: 20 minutes

Yield: 2 servings

Calories: 180

Total Fat: 7g

Cholesterol: 15mg

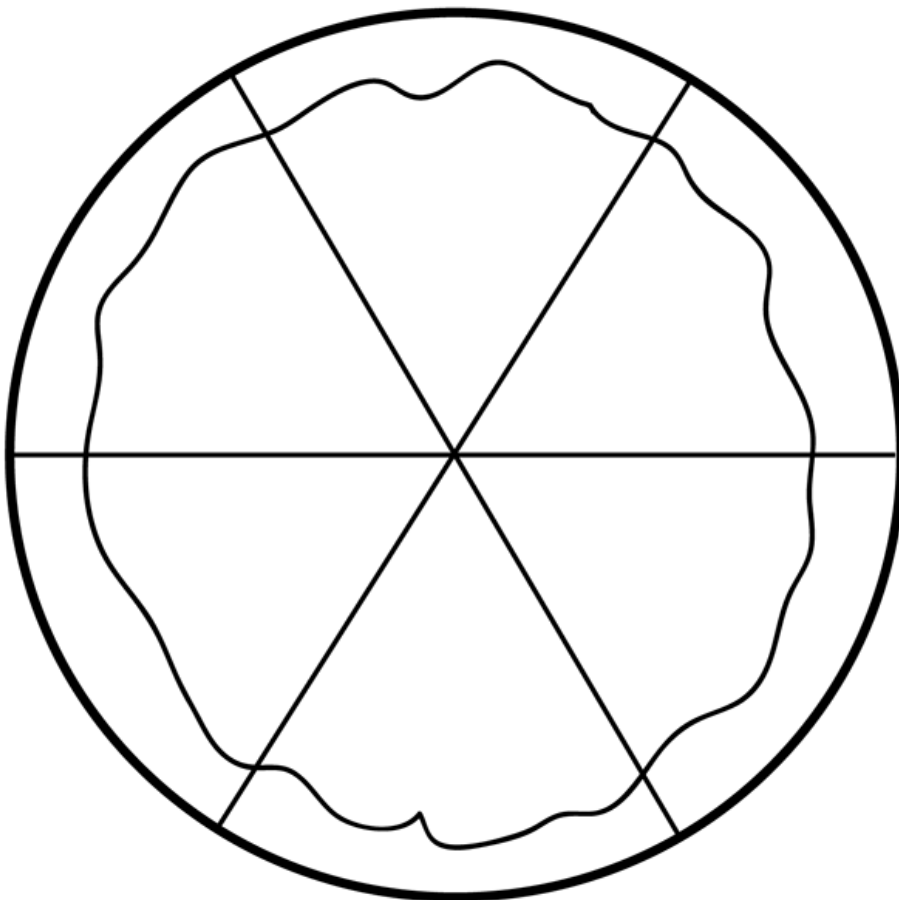
Sodium: 540mg

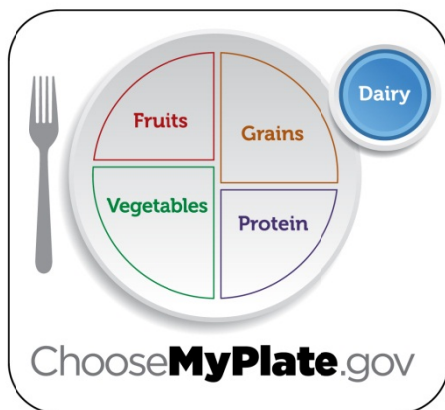
Total Carbohydrate: 21g

Protein: 12g

<http://recipefinder.nal.usda.gov>

Put your favorite toppings on the pizza!





Soy milk

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Soy milk is a good source of protein that is lactose-free.
- Soy milk is high in potassium and iron.
- Soy milk contains healthy essential fatty acids.

Fun Fact!

Soy milk does not need refrigeration before it has been opened!

FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Soy milk is made from whole soybeans.
- Soy milk is a healthy source of nutrients for vegans.
- Look for soy milk which has been fortified with calcium.
- Soy milk is consumed most in Asian countries.

Instant Chocolate Mousse

1 carton instant chocolate pudding mix

1 ¼ cup cold soy milk

10 ½ ounces silken tofu

Wash hand and work area before cooking. With a blender, combine chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth. Pour mixture into 4 small serving dishes. Place in the fridge. Chill for at least 2 hours before serving

Preparation Time: 2 ½ hours

Cook Time: 0 minutes

Yield: 4 servings

Calories: 180

Total Fat: 4g

Cholesterol: 0mg

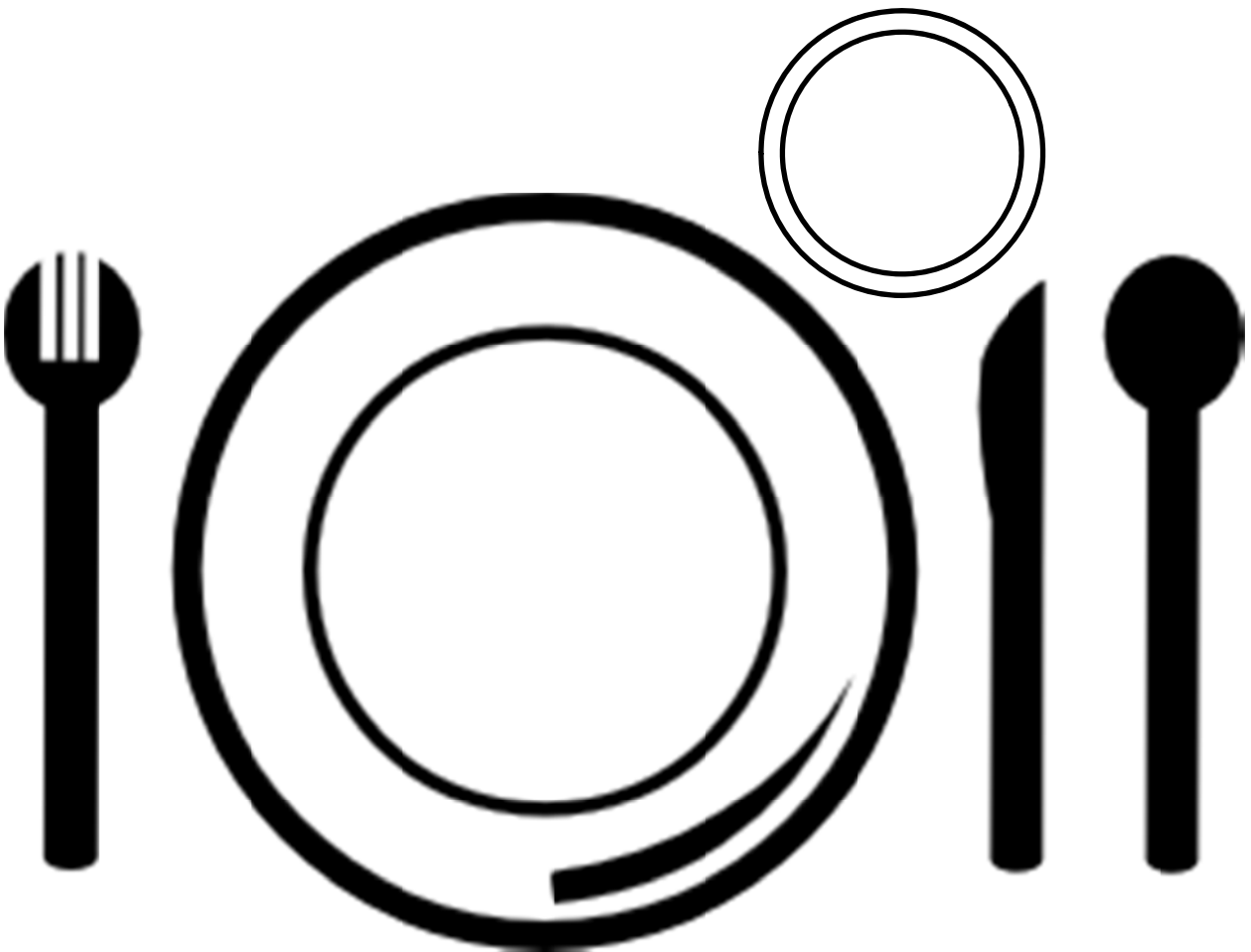
Sodium: 400mg

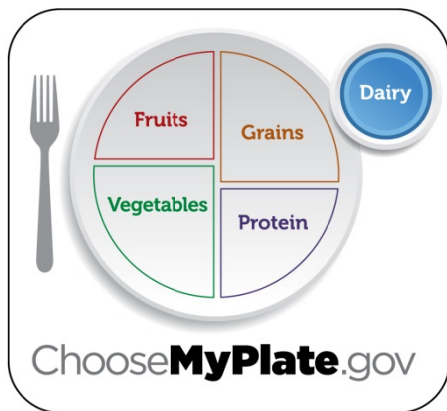
Total Carbohydrate: 29g

Protein: 7g

<http://recipefinder.nal.usda.gov>

Fill the plate below with drawings of your favorite dairy products.





Yogurt

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Yogurt contains probiotics which are good for the bacteria in the stomach.
- Yogurt contains lower amounts of lactose than milk so those who are lactose intolerant can enjoy it.
- Yogurt can be enjoyed at breakfast, lunch, dinner, and as a snack.

Fun Fact!

Yogurt was created in Central Asia around 6000 B.C.!

FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Yogurt is an excellent source of protein along with calcium and potassium.
- Yogurt can be used as a delicious dip for fruits, vegetables, and granola bars.
- Choose fat-free or low fat-yogurts.
- Greek yogurt is a type of yogurt that has a higher protein content than regular yogurt.

Fresh Fruit with Cinnamon Yogurt Dip

1 apple
1 orange
¼ cup orange juice
1 cup vanilla yogurt
½ teaspoon cinnamon

Wash hands and work area before cooking. Core and slice the apple. Slice banana into thin circles. Peel the orange and separate it into sections. Pour the orange juice into a small bowl. Dip the fruit pieces into the orange juice to prevent browning. Arrange on a plate. Mix the yogurt and cinnamon in a small bowl. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Preparation Time: 20 minutes
Cook Time: 0 minutes
Yield: 4 servings

Calories: 120
Total Fat: 1g
Cholesterol: 5mg
Sodium: 40mg
Total Carbohydrate: 26g
Protein: 4g

<http://recipefinder.nal.usda.gov>

O D H N E V E H Q T K A E N
L C S S J M A E R C E C I T P
D A F E O D D M L Z W L G A S
Z N M E C K V C X J D A I R Y
W U S S J S I A D J L C K Z M
Q D W L V H T L K P T T F V A
Y O G U R T A C T Z S O Z I J
X X W V T P M I X W J S R F H
O S H Y S P I U J T S E U C O
L B G E D J N M H G T Z T J O
B Y E U S Q D U I C W Z X N R
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Yogurt

Vitamin D

Lactose

Ice Cream

Cheese

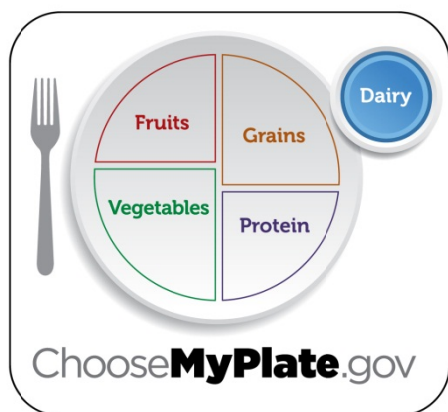
Milk

Dairy

Low Fat

Bacteria

Calcium



Cheddar Cheese

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Cheddar cheese originated in the village of Cheddar, England.
- Cheddar cheese has two flavors: mild and sharp.
- For best taste, cheddar cheese is aged for 5 to 6 years.

Fun Fact!

Queen Victoria once received a wheel of cheddar cheese that weighed over 1,000 pounds!

FIGHTBAC!

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<http://www.fightbac.org/>

What am I looking for?

- To make cheddar cheese orange, annatto, a natural dye, is added.
- Cheddar cheese is the most popular type in America.
- Beta-carotene naturally provides the yellow color of cheddar cheese in the spring and summer.
- Avoid cheese that is expired or moldy.

Bean Dip

2 cups kidney beans, canned
1 tablespoon vinegar
 $\frac{3}{4}$ teaspoon chili powder
 $\frac{1}{8}$ teaspoon cumin, ground
2 teaspoon onion, finely chopped
1 cup cheddar cheese, grated

Wash hands and work area before cooking. Drain the kidney beans, but save the liquid in a small bowl. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread. Stir in the chopped onion and grated cheese. Store in a tightly

covered container and place in the fridge. Serve with raw vegetable sticks or crackers.

Preparation Time: 20 minutes

Cook Time: 0 minutes

Yield: 6 servings

Calories: 150

Total Fat: 7g

Cholesterol: 20mg

Sodium: 340mg

Total Carbohydrate: 13g

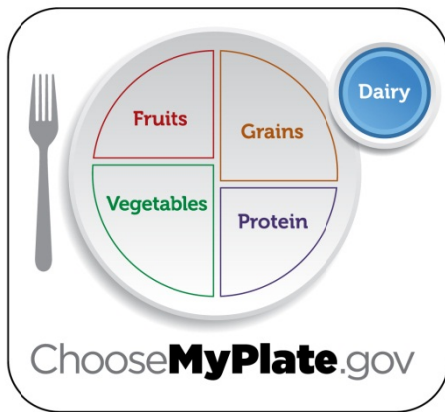
Protein: 9g

<http://recipefinder.nal.usda.gov>

Find all the words!

G W X R B P S X C O Q U U L T
A R K D G K H A M E X Y T V A
Y H R Q P A U N I U E M N P Z
X H N P H R W Q R X I R Y O B
T C T N X A T Y E M J C A T I
H E R L D D O D H V M I L T U
L J U R A D E Z U S I W L A Y
Q A G B O E T E E T H T A N C
S C O L F H H M Q M C U C N B
K T Y Q E C K C C S R W E A M
D M Z Z L L C U H E I T H E H
H T W W I P Y M E N M R I N L
N A N M U G V X E O E W O K N
K X E Y A L H X S B Z E I O A
H T C Q G B D V E W Z K M U Q

CHEESE
CALCIUM
BONES
MILK
TEETH
YOGURT
CHEDDAR
ANNATTO
HEALTHY
ACTIVE



Cottage Cheese

Did you know?

- Cottage cheese originated in the United Kingdom and United States.
- Cottage cheese is creamy and lumpy and has a sweet taste.
- Cottage cheese is a good source of protein and calcium.

Fun Fact!

Cottage cheese got its name because it was made in cottages from milk leftover after butter was made.

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Look for no-salt added and low-fat products to gain cottage cheese's full benefit.
- Cottage cheese is considered a complete protein since it contains all essential amino acids.
- Cottage cheese is high in vitamin B-12.
- Keep cottage cheese in refrigerator to prolong shelf life.

Cheese Stuffed Potatoes

4 potatoes, large, baking
1 cup cottage cheese, low-fat
2 tablespoons milk
2 tablespoons onion, chopped
¼ teaspoon paprika

Wash hands and work area before cooking. Preheat the oven to 400 degrees. Scrub the potatoes. Put the potatoes in the oven. Bake 30 to 40 minutes until tender. Slice each potato in half lengthwise. Use a spoon to scoop out the inside of each potato. Leave about ½ inch of potato next to the skin. Save the inside part of each potato in a small bowl. Peel the onion. Chop it to make 2 tablespoons chopped onion. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork

until light and fluffy. Divide this mix into 8 parts. Put part of the mix inside each potato. Sprinkle paprika over the potatoes. Return to the oven for 5 minutes to reheat.

Preparation Time: 15 minutes

Cook Time: 50 minutes

Yield: 4 servings

Calories: 160

Total Fat: 0.5g

Cholesterol: 0mg

Sodium: 230mg

Total Carbohydrate: 28g

Protein: 10g

<http://recipefinder.nal.usda.gov>

Find all the words!

E G D K F S H A L W O A Q S L
R S V C E O I J O O I U I B E
L J E B A R V K W C V E L X E
L A B E E L X U F K N O S J H
Z N T T H B C L A G G N N E W
H F C E D C N I T G H T F J E
Q A D A F F E C U L T U R E S
B B I Q B C Y G Q M H W G Y E
S R S U I A Y B A H F B O G E
Y C M Q K V Y E B T H S W H H
Z Q M T V O P T T F T O N V C
Y K W M E K Z Z P T L O G Z I
T V G V P F L J Z J I W C D J
E A W P L P E V Y E H W H O C
Y U Y Q M T O J U S I R I Y L

Cottage Cheese

Culture

Bacteria

Dairy

Calcium

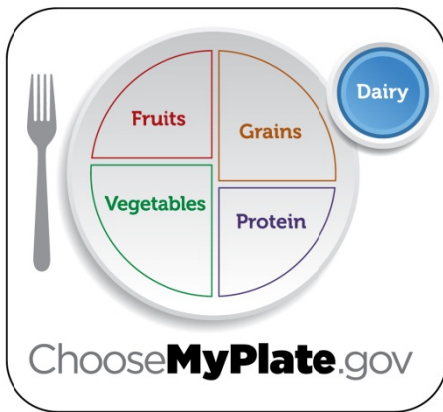
Low-fat

Whey

Cow

Feta

Cheese Wheel



Goat Cheese

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Did you know?

- Goat cheese is more digestible than cows' milk cheese and is easier on lactose intolerant people.
- Goat Cheese is an excellent source of calcium.
- It is low in fat and calorie content.

Fun Fact!

Chevre is the French term for goat cheese.

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Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Goat cheese is popular for snacking and breakfast.
- Goat cheese has a creamy rich texture and has a tangier taste than cows' milk cheese.
- Goat cheese is an abundant source of protein, niacin, riboflavin and vitamins A and B6.
- Goat cheese originated in France, but is now popular in Texas.

Italian Broccoli and Pasta

2 cups uncooked fettuccini noodles
3 tablespoons chopped green onion
2 cups broccoli florets
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon black pepper
1 14.5 ounce can stewed tomatoes
2 teaspoons grated goat cheese

Wash hands and work area before cooking. Cook noodles according to package instructions (do not include oil or salt), and drain. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat. Add seasonings (but not the goat cheese) and tomatoes;

simmer until heated through. Spoon vegetable mixture over noodles and top with goat cheese.

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Calories: 240

Total Fat: 1.5g

Cholesterol: 0mg

Sodium: 260mg

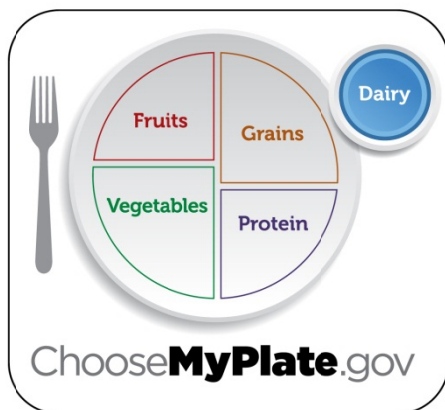
Total Carbohydrate: 49g

Protein: 9g

<http://recipefinder.nal.usda.gov>

Fill the plate below with drawings of your favorite dairy products.





Lactose-free Milk

Did you know?

- Lactose-free milk is a good source of protein.
- The nutrients in lactose-free milk match those in regular milk.
- Like regular milk, lactose-free milk is high in vitamins A, B₁₂, and D.

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

Fun Fact!

Lactose-free milk is made by the addition of the enzyme lactase.

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Those who are lactose intolerant can drink lactose-free milk as a healthy alternative.
- Like other dairy products, lactose-free milk should be refrigerated.
- Someone who is lactose intolerant should not eliminate dairy from their diet.

Lactose-free Pancakes

2 eggs, beaten
1 ½ cups lactose-free milk
¼ cup melted butter
2 cups flour
2 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt

Wash hands and work area before cooking. Mix dry ingredients together, then mix together wet ingredients in a separate bowl. Mix dry and wet together just until ingredients are incorporated. Heat a large skillet and melt a tablespoon of butter on it. Place a small amount of pancake batter onto skillet

and cook until brown. Flip, cook until brown and serve.

Preparation Time: 5 minutes

Cook Time: 10 minutes

Yield: 4 servings

Calories: 430

Total Fat: 15g

Cholesterol: 115mg

Sodium: 680mg

Total Carbohydrate: 61g

Protein: 13g

<http://www.nationaldairycouncil.org/Recipes>

Unscramble the words!

1. adyri _____
2. laescto _____
3. alcumci _____
4. torpien _____
5. atcales _____
6. mvniitsa _____
7. enymez _____
8. rbolviinfa _____

1) dairy 2) lactose 3) calcium 4) protein 5)
lactase 6) vitamins 7) enzyme 8) riboflavin