



The Low-down on Dairy

DAIRY PRODUCTS are truly versatile and take a variety of forms. Millions of people around the world count on a variety of dairy products for a delicious, nutritious way to enhance their



diet. Whether you rely on yogurt for overnight oats, milk for cereal, ricotta on toast or cheese on pizza, there are countless ways to enjoy dairy foods every day.

Dairy products are derived from milk, which has been an important source of nutrition for thousands of years. These products include milk, cheese, yogurt, kefir, ice cream and butter. Commonly made from cow's milk, many products are also made from the milk of other mammals such as sheep and goats.

DAIRY FOR HEALTH

Dairy products like milk, cheese and yogurt each contain nutrients your body needs. For example, all 3 contain protein, calcium and vitamin B12. These 3 nutrients help rebuild and repair muscle tissue, build and maintain strong bones and teeth and keep the nervous system healthy, respectively. In addition, the high potassium content can help lower blood pressure.

Milk consists of water, carbohydrate in the form of lactose, fat, protein, vitamins and minerals. Choosing low fat or nonfat milk provides all the same nutrients of whole milk, but with less saturated fat.

ENERGY AND PROTEIN

Because of dairy foods' nutritional package, it's a one-stop shop to help people sustain their energy. Milk, cheese and yogurt provide the high-quality, complete proteins casein and whey, which contain optimal quantities of the essential amino acids the body cannot make. Protein curbs hunger and helps with feeling satisfied longer. For professional athletes and fitness enthusiasts alike, milk can help meet three of the R's of

(continued on page 2)



Rethink Your Drink

Think about all the beverages you consume each day and all the ones you offer to your children. What is served at each meal time? What about in between meals?

If someone asked you what you ate yesterday, would you think to include what you had to drink? Drink choices are part of an eating pattern and can add extra sugar and calories. Thinking about what types of beverages you're choosing, and eliminating those with added sugar, is one way to make a healthy choice.

Some juices and flavored milk have added sugars, but plain milk and 100% juice contains only naturally occurring sugars. When it comes to fruit juice, it's always better to eat whole fruit because it contains beneficial fiber. For children, serve no more than 4-6 ounces a day of 100% juice. Read the product label to determine if it is 100% juice. Labels claiming 100% natural or 100% Vitamin C may not be 100% juice. Serve milk to children at meal times.

Choose Water

Water has no calories and no sugar; therefore it is always a good choice. For those that do not want to drink plain water, try sparkling water, water infused with fruit or herbs and herbal teas.

— Source: reallifegoodfood.umn.edu

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recovery—rebuild, refuel and rehydrate. A growing body of research supports benefits of higher protein diets not only for athletic and fitness performance, but also for cell and muscle repair, weight management and healthy aging.

PROMOTES GUT HEALTH

From ancient, fermented foods to probiotics, dairy foods contribute to gut health. Fermented foods are produced by microbial growth, which enhances taste, texture, digestibility and improves nutritional quality. Fermented foods containing live cultures can add beneficial bacteria to the digestive tract, contributing to a healthier microbiota and enhancing nutrient absorption while protecting from exposure to harmful bacteria. Yogurt, buttermilk, kefir and some cheeses, except pasteurized processed cheese, contain probiotics to help support gut health.

IMPROVED IMMUNITY

Eating dairy foods as part of an overall healthy diet is one way to get the nutrients you need for enhanced immune function. The protein, zinc, selenium and vitamins A and D found in every cup of milk helps support a healthy immune system.

CALMING EFFECT

Looking for a little help to sleep better? The science is well-established that, in general, protein is more satiating than the same amount of carbohydrate or fat. Dairy foods contain protein as well as tryptophan, magnesium and zinc, all essential for serotonin and melatonin production, both of which contribute to improved sleep quality.

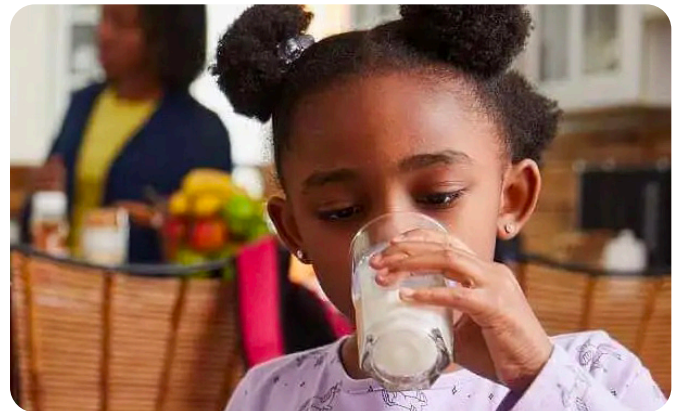
AFFORDABLE NUTRITION CHOICE

A balanced diet with a variety of foods ensures we consume essential nutrients and milk is an affordable source of 13 essential nutrients. Dollar for dollar, three servings of milk a day are an economical source of nutrition.

INFANTS AND TODDLERS

Dairy foods help provide nourishment required to meet the growth and development milestones of infants and toddlers. At about 6 months, infants should be introduced to nutrient-rich, developmentally appropriate foods that complement human milk or iron-fortified infant formula feedings.

After their first birthday, as babies transition from human milk or iron-fortified infant formula, whole milk and other dairy foods provide critically important sources of essential nutrients to support healthy growth and development. Whole milk is important until age 2 because the fat in whole milk provides extra calories and nutrients to support brain development. Foods like yogurt and cheese also contribute high-quality nutrition that fuels the rapid overall growth of babies.



LACTOSE INTOLERANCE VERSUS DAIRY ALLERGY

- These are two separate and unrelated conditions. Lactose intolerance is an inability to fully digest the natural sugar, lactose, found in dairy. Choose lactose free and lactose reduced products or swallow lactase enzymes to avoid digestive upsets.
- Dairy allergy is a condition in which the immune system reacts to the protein in milk. It is important that these individuals avoid all dairy products, find a fortified non-dairy alternative and follow their doctor's recommendations.

Dairy foods are accessible, affordable, taste great, offer variety and provide a unique nutrient profile that makes eating better easier and more enjoyable. They promote health and wellness and are fundamental to good nutrition. Eating a balanced diet with a variety of foods with essential nutrients is important to maintain a healthy gut, boost immune function and optimize overall wellness.

—Sources: *USdairy.com, WebMD, Harvard Health*

KIDS' HEALTH & SAFETY

Respiratory Syncytial Virus

RESPIRATORY SYNCYTIAL VIRUS (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. However, it can be dangerous for babies, toddlers and adults over 60. This year, the Centers for Disease Control and Prevention (CDC) has recommended new immunization guidelines to protect those most at risk of getting very sick with RSV.



the virus even after they stop showing symptoms, for up to 4 weeks. RSV season generally starts during the fall and peaks in the winter with timing and severity varying from year to year.

OPTIONS TO PROTECT YOUR BABY

- 1 Get an RSV vaccine if you are 32–36 weeks pregnant during RSV season.
- 2 Get an RSV antibody immunization for your baby if they are younger than 8 months and born during, or entering their first RSV season. In rare cases, a health-care provider may determine an RSV immunization is needed for an infant even though the mother received an RSV vaccine.
- 3 A dose of RSV antibody is also recommended for children between the ages of 8 and 19 months entering their second RSV season in at least one of these groups:
 - have chronic lung disease from being born prematurely
 - are severely immunocompromised
 - have cystic fibrosis
 - American Indian and Alaska Native children

RSV CAN SPREAD THROUGH:

- Virus droplets from sneezes and coughs of an infected person
- Direct contact with the virus, like kissing the face of a child with RSV
- Touching a surface with virus then touching your face

People are typically infected with RSV for the first time as an infant or toddler and nearly all children are infected before their second birthday. However, repeat infections may occur throughout life and people of any age can be infected.

People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness. Some infants and people with weakened immune systems can continue to spread

SYMPTOMS OF RSV

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms of RSV infection usually include: runny nose, decrease in appetite, coughing, sneezing, fever, wheezing, irritability, decreased activity and breathing difficulties.

EVERYDAY PREVENTIVE MEASURES

To help reduce the spread of RSV:

- Stay home when sick.
- Cover coughs and sneezes with a tissue or your elbow, not your hands.
- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching your face with unwashed hands.
- Avoid close contact with others, such as kissing, shaking hands and sharing cups and eating utensils.
- Clean frequently touched surfaces such as doorknobs and mobile devices.

CARING FOR SYMPTOMS

Antiviral medication is not routinely recommended, most RSV infections go away on their own in a week or two. However, RSV can cause severe illness in some people.

- Manage fever and pain with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. (Never give aspirin to children.)
- Drink enough fluids to prevent dehydration.
- Talk to your healthcare provider before giving a child nonprescription cold medicine. Some may contain ingredients that are not good for children.

Call your healthcare professional if you or your child is having difficulty breathing, not drinking enough fluids or experiencing worsening symptoms.

— www.CDC.gov

Slow Cooker Red Lentil & Carrot Soup with Coconut Milk

Onion, chopped	1	Carrots, chopped	3
Olive oil	2 Tbsp	Chicken broth	6 cups
Garlic, minced	2 cloves	Coconut milk	1 (13 oz) can
Turmeric	2 tsp	Lemon juice	1 Tbsp
Cumin	2 tsp	Tabasco sauce	dash
Salt	1 tsp	Cilantro, fresh, chopped	½ cup
Pepper	½ tsp		
Tomatoes, chopped	1 (24 oz) can		
Red lentils, dry, rinsed	2 cups		

1. In a large skillet, sauté onion in olive oil until very soft but not browned, about 15 minutes. Add garlic, salt, pepper and tomatoes; mashing tomatoes while continuing to cook for 5 minutes.
2. Pour mixture into slow cooker; add lentils, carrots and broth. Cover and cook 5 hours on high or 8-10 hours on low until vegetables are tender and lentils are soft. Stir in coconut milk and lemon juice and cook on high for 20 minutes. Season with tabasco sauce and cilantro.

Yield: 8 servings

Meets requirement for vegetable and meat/meat alternate

— *The Chosen Ones*

Red Beet Pancakes

All-purpose flour	¾ cup	Milk	1¼ cup
Whole wheat flour	1 cup	Greek yogurt, plain	⅓ cup
Brown sugar	3 Tbsp	Egg	1 large
Baking powder	1 Tbsp	Butter, melted	3 Tbsp
Salt	½ tsp	Vanilla extract	1 tsp
Beets, cooked, pureed	¾ cup		

1. Stir together the first 5 ingredients in a bowl. Place the rest of the wet ingredients in a separate bowl and whisk thoroughly to combine.
2. Add the dry ingredients into the wet and stir until just combined; don't over stir the batter, some lumps are good.
3. Drop about 2 tbsp of the pancake mixture onto a greased griddle or pan over medium heat and cook for 3 minutes on each side. Serve with desired accompaniments.

Yield: 12 servings

Meets requirement for whole grain-rich

— *Weelicious.com*



Kickin' it in the Kitchen

SLOW COOKER TIPS

- Grease the inner pot with cooking spray and preheat your slow cooker. Double up to create an extra meal for the freezer.
- Sear meat before placing in the slow cooker to enhance flavors. Remove chicken skin; it will become rubbery and unappetizing.
- Do not place frozen meat and poultry in a slow cooker where it will be below the safe temperature for a lengthy time. Always defrost meat and poultry thoroughly in the fridge.
- If extra moisture will dilute a dish, place a paper towel or tea towel under the lid to soak up the extra steam.
- Do not peek. Removing the lid, even for a second or two, reduces that perfect temperature and sets the time back by 30 minutes!
- Too much tasty liquid? Remove the lid and turn to high, reducing liquid and creating a thick and delicious sauce.
- Fresh herbs added at the start lose taste and may become bitter. Instead, finish with fresh herbs and a squeeze of lemon.
- Use a slow cooker as a warming station for side dishes.



— *Everyday cheapskate.com*



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Food
Funny

Q. What did one beet say to the other beet on Valentine's Day?

A. My heart beets for you!