



NUTRITION NEWS

NUTRITION & EDUCATION PROGRAMS

JUNE 2023



HAPPY NATIONAL DAIRY MONTH!

June is National Dairy Month. Dairy products are a great source of carbohydrates, protein, fat, and key vitamins and minerals. Two key vitamins and minerals found in dairy products are calcium and vitamin D. Vitamin D is added to dairy products.

Calcium and Vitamin D work together to form and maintain strong bones, improve bone health, and decrease fractures or risk of fractures. As these two nutrients work together, having them together in a food product is a great way to maintain bone health. Consuming dairy products is a great way to ensure you are getting your calcium and vitamin D needs each day. The Dietary Guidelines for Americans recommends adults older than 60 years old consumes 3 cups of dairy products per day.



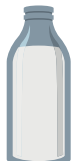
PEANUT BUTTER BANANA SMOOTHIE

Prep: 5 minutes Total: 5 minutes Servings: 1



Ingredients

- 1 frozen banana
- 2 TBSP peanut butter
- 1 tsp brown sugar
- 1/4 tsp vanilla extract
- 1 cup milk



Directions

1. Add the sliced banana, peanut butter, brown sugar, vanilla extract, and milk to blender.
2. Blend ingredients until smooth. If the smoothie is still thick, add more milk. If the smoothie is too thin, add more frozen banana. Taste and adjust the sweetness to your liking.



<https://www.budgetbytes.com/peanut-butter-banana-smoothie/>