



NUTRITION NEWS

Nutrition and Education Programs

June 2024

Dairy Month is Here!



The Importance of Dairy

- Dairy products contain Vitamin D and calcium that work together to prevent the onset of bone diseases.
- Dairy is a good source of protein, which helps to maintain muscle health.
- Opting for low-fat dairy products still provides all the health benefits without the high fat intake.

Daily Recommendations

- Women 60+ yrs is 3 cups.
- Men 60+ yrs is 3 cups.

Amount That Counts as 1 Cup of Dairy

- 1 cup of milk
- 1 cup of yogurt
- 1 1/2 ounces of hard cheese (cheddar, Swiss, Parmesan)
- 1/3 cup shredded cheese
- 1/2 cup ricotta
- 2 cups cottage cheese

Hearty Lasagna Soup

Serves 4

Recipe sourced from USDA/CSFP

CSFP Ingredients

- 1 can beef
- 1 can diced tomatoes
- 1 1/2 cup rotini, dry
- 1/4 cup reduced fat American cheese, cubed

Additional Ingredients

- 4 cups beef broth
- 1 tsp dried onion
- 1/4 tsp garlic powder
- 1/2 tsp Italian seasoning



Directions

1. Heat canned beef in large pot, drain if needed.
2. Add broth, dried chopped onions, seasoning, and tomatoes.
3. Heat to a boil.
4. Stir in pasta and cook over medium heat until pasta is tender.
5. Stir in cheese until melted.
6. Serve hot.