



EAT WELL, AGE WELL. DAIRY MONTH

JUNE IS NATIONAL DAIRY MONTH!

Foods that contain dairy are a great source of many nutrients, like calcium, potassium, vitamin D, and protein. There are many different kinds of milk on the market today like almond milk, soy milk, and cow's milk. Milk can help manage weight, reduce risk for high blood pressure, osteoporosis, and many other diseases. However, not all types of milk contain the same amount of protein content. While soy milk and cow's milk have nearly 8 grams of protein per serving, almond milk has very little protein. Therefore, almond milk might not be the best dairy alternative in terms of protein content. There are also different variations of cow's milk that are on the market. There is whole milk, 2%, 1%, and skim milk, all with varying amount of fat content. Whole milk has approximately 8 grams of fat per 1 cup, while 2% has around 5 grams of fat per cup. 1% milk has 2.4 grams of fat per cup and skim milk has no fat. It is important to watch the amount of fat you are getting from the milk you are drinking. Overall, dairy month is dedicated towards promoting the health benefits of drinking milk which is essential in healthy bones and can also help reduce risk of cardiovascular disease.

WEEKLY CHALLENGES

MEASURE YOUR
DAILY INTAKE OF
CALCIUM

TRY AND
INCORPORATE
DAIRY INTO YOUR
DIET EACH DAY

EAT DAIRY THAT IS
FORTIFIED WITH
VITAMIN D

TRY LOW FAT MILK

DID YOU KNOW?

ADULTS SHOULD
BE CONSUMING
1,000 to 1200 mg
OF CALCIUM EACH
DAY!

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Dairy Month*
- Placemat/handout- *Yogurt Muffins*
- Table Tent- *Milk Alternatives*
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handout- *Creamy Herb Yogurt Dressing*
- Table Tent- *Food Drug Interactions*

Week 3: Give out/Post

- Placemat/handouts- *Sweet Potato Yogurt Bar*

Week 4: Give out/Post

- Placemat/handout- *BBQ 3-Bean Salad*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org