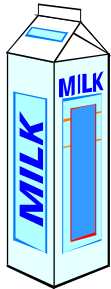


# Nutrition Matters



## *Best Buys In... Milk Products*

Milk Products provide us with a great source of energy plus a total of 15 essential nutrients that are key to our health. Choose lower fat milk products more often in order to give your body the nutrients it needs, with less fat and Calories.

### **Canada's Food Guide to Healthy Eating recommends:**

- |                                   |                      |
|-----------------------------------|----------------------|
| ▪ Children 4-9 years old          | 2-3 servings per day |
| ▪ Youth 10-16 years old           | 3-4 servings per day |
| ▪ Adults                          | 2-4 servings per day |
| ▪ Pregnant or Breastfeeding women | 3-4 servings per day |

#### *1 Serving Equals*

*1 cup milk  
3/4 cup yogourt  
1 1/2 ounces (2 slices) cheese  
1 cup pudding*

### **Milk and Cream**

- Skim milk powder is a great low cost alternative to fluid milk, while still providing the same nutrients. Try milk powder in cooking or baking for added nutrients.
- Buy milk in 4 L bags or jugs. It is about 35% cheaper than buying cardboard cartons.
- Freeze bags of milk for up to 6 weeks if you can't use it before the expiry date. Thaw the bag in the refrigerator and shake it before you open it.
- Use evaporated 2% milk instead of cream in recipes for less fat. Creams have the highest fat and lowest nutrient content and are more expensive.

### **Cheese**

- Save 20-30% by buying "no name" or store wrapped cheese.
- Buy cheese in blocks and slice or grate it yourself.
- Try lower fat cheeses for a healthier choice.
- Sliced cheese may be cheaper at the deli counter than in packages, compare the price per kg for best buys.
- Processed cheeses are a good source of calcium but they cost more and are high in sodium.
- Freeze blocks of cheese when on sale or if not able to use before the expiry date. Thawed cheese will crumble but will be just as nutritious.



### **Yogourt**

- Buy large containers rather than individual serving size containers.
- "No name" yogourt or store brands are cheaper.
- Buy plain yogourt and add your own fruit toppings.
- High fat and low fat yogourt often cost the same price. Yogourt with 2% M.F. or less are a healthier choice for adults.



# Milk and Cooking

Cooking from scratch can save money and is not difficult. Here are a few quick and delicious recipes that everyone can enjoy!



## Quick Macaroni & Cheese

1 cup	macaroni	250 mL
2 tbsp	margarine	30 mL
2 tbsp	flour	30 mL
¼ tsp	dry mustard powder	1 mL
1 cup	milk	250 mL
1 cup	grated cheddar cheese salt and pepper	

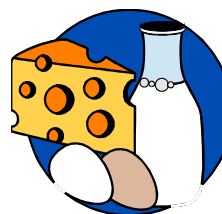
1. Turn on stove on high heat. Add about 4 cups (1L) of water to a large saucepan and heat until it boils. Add the macaroni. Cook for about 7-10 minutes until soften, stirring often. Drain and set aside.

2. Meanwhile, melt margarine in a medium saucepan on medium heat. Stir in flour and mustard. Add milk slowly, stirring all the time. Cook and stir until the mixture boils and thickens.
3. Turn on stove on low heat. Add cheese, stir until cheese is melted and sauce is smooth.
5. Add drained macaroni. Mix gently. Stir over low heat until mixture is hot. Add salt and pepper to taste. Makes 4 servings.

Source: The Basic Shelf Cookbook, 1994.

## Quiche

4	unbeaten eggs	4
½ cup	chopped onion	125 mL
4 oz	mushrooms	125 mL
1 cup	shredded cheddar cheese	250 mL
½ cup	flour	125 mL
1 tbsp	margarine	15 mL
1 ½ cups	milk	375 mL
½ tsp	salt	2 mL
	pepper	



1. In a greased 10" pie plate, place onions and mushrooms and sprinkle with the cheese.
2. Mix in a blender or by hand the following ingredients: eggs, flour, butter, salt, pepper and milk. Pour over the mushrooms and onions.
3. Bake, uncovered at 325°F for 1 hour.
4. Let set for 5 minutes before cutting. Makes 4 servings.  
Serve with a salad.

Source: Cooking Healthy Together, 1998

Adapted from materials produced by the Nutritionists/Dietitians of Ottawa-Carleton Health Department and York Region Health Services. May be reproduced without permission provided source is acknowledged.

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