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# NUTRITION AND YOU...Low Fat and Fat-Free Milk and Dairy Products

## FOOD FOR THOUGHT

Switch to calcium-rich, low-fat (1%) or fat-free milk and milk products. They provide the same nutritional benefits as the full fat products but with fewer calories and less saturated fat. When food shopping, look for dairy products that have been fortified with vitamin D. The human body needs vitamin D to absorb the calcium found in milk.

## SHOP SMART

Low-fat and fat-free milk products come in cans, powdered in boxes or bags, and fresh in the refrigerated display case of most supermarkets. Milk products will usually be marked with a sell-by date. Do not open milk product cartons until you are ready to use them. Opening exposes the product to warm air, which causes it to go bad more quickly, even if it is refrigerated.



*Note: 1 cup of low fat or fat-free milk or 1 cup of low fat or fat-free yogurt provides 1 cup of your daily milk group requirement.*

## EAT HEALTHY

### Milk is:

- A good source of Vitamin C (found in fortified milk)
- A good source of vitamin A
- A good source of vitamin B12
- A good source of calcium
- A good source of protein
- A good source of potassium

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Always check the “use-by” or “sell-by” dates before buying low fat milk and dairy products.
- Store milk and dairy products in the refrigerator at temperatures between 35-40 degrees.
- Keep stored milk and dairy products covered.

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

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# RECIPE

## Breakfast Parfait

### Ingredients:

2 cups pineapple, canned and chopped  
1 cup fresh berries, or frozen then thawed berries  
1 cup low fat or fat-free yogurt, and flavor  
1 peeled and sliced banana  
Cinnamon

### Instructions:

1. In glasses or bowls, layer pineapple, berries, yogurt, and banana.
2. Sprinkle with cinnamon and serve immediately.

### Nutrition Facts – Breakfast Parfait

Cost: Per Recipe: \$ 4.13                      Per Serving: \$ 1.03

Serving Size: ¼ of recipe

Calories: 190

Calories from Fat: 10

Per Serving	% Daily Value*
Total Fat – 1 g	2%
Saturated Fat – 0.5 g	3%
Dietary Fiber – 3 g	12%
Sodium – 40 mg	2%
Sugars – 35 g	
Protein – 4 g	

\*Percent daily value  
Based on a 2,000  
calorie diet. Your  
daily values may  
be higher or lower  
depending on your  
caloric needs.

## FOCUS ON FITNESS

Be active your way by choosing activities you enjoy!

## REMEMBER:

Make sure that when purchasing low fat or fat-free milk products that they have been fortified with vitamin D.



## REFERENCES

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- United States Department of Agriculture, SNAP-Ed Connection  
[recipefinder.nal.usda.gov/](http://recipefinder.nal.usda.gov/)
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