Healthy Families for the Future

THE MILK and MEAT GROUPS

By Joan C. Elledge and Kathleen M. Stadler*

Today, your child learned about the Milk and Meat Food Groups. He or she attended a Smart Choice Nutrition Education Program. A Program Assistant taught this educational program for youth sponsored by Virginia Cooperative Extension.

The “Healthy Families for the Future” newsletter series is designed to encourage your family to focus on daily habits that promote health.

Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods

Eat 2 Servings of Calcium Rich Foods

Daily Physical Activity

Handle Food Safely

Your Challenge is - be sure your children eat:

• 3 servings of foods from the Milk Group
• 2-3 servings from the Meat Group

Foods from the milk and Meat groups come from animals except dry beans and nuts. Dry beans and nuts are also excellent sources of fiber.

The Meat and Beans (Protein) Group Foods:

are sources of protein.

are important for muscle building.

include meats, cheese, eggs, fish, dry beans, dry peas, peanuts, peanut butter and other nuts.

provide important sources of protein, B vitamins, iron, and zinc.

Children should eat 2 servings from the protein group every day. A serving is about the size of a deck of cards.

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*Assistant Program Coordinator, EFNEP & FSNEP; Assistant Professor, Extension Specialist, Nutrition; Dept. of Human Nutrition, Foods and Exercise; Virginia Tech, respectively.
The Milk Group Foods:
are sources of calcium and protein
are important for healthy bodies, especially strong bones and teeth
include cheese, milk, and yogurt

Compare milk labels
Different kinds of milk have different amounts of fat. Put an X in the box under the label that has the least fat. Put two stars under the label that has the most calcium.

<table>
<thead>
<tr>
<th>SKIM MILK</th>
<th>Nonfat Dry Milk*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>1 cup</td>
</tr>
<tr>
<td>245 g</td>
<td>240 g</td>
</tr>
<tr>
<td>Nutrition Information Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>86</td>
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<tr>
<td>Protein</td>
<td>8 g</td>
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<tr>
<td>Carbohydrate</td>
<td>12 g</td>
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<tr>
<td>Fat</td>
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<tr>
<td>Cholesterol</td>
<td>4 mg</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Protein</td>
<td>18</td>
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<tr>
<td>Vitamin A</td>
<td>10</td>
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<tr>
<td>Vitamin C</td>
<td>3</td>
</tr>
<tr>
<td>Thiamin</td>
<td>6</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>20</td>
</tr>
<tr>
<td>Niacin</td>
<td>1</td>
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<tr>
<td>Calcium</td>
<td>30</td>
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<td>Iron</td>
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<table>
<thead>
<tr>
<th>2% LOWFAT MILK</th>
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<td>Nutrition Information Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Carbohydrate</td>
</tr>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Percentage of the U.S. Recommended Daily Allowance</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Thiamin</td>
</tr>
<tr>
<td>Riboflavin</td>
</tr>
<tr>
<td>Niacin</td>
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<tr>
<td>Calcium</td>
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<table>
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<th>CHOCOLATE MILK</th>
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<td>250 g</td>
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<td>Calories</td>
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<td>Protein</td>
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<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
<td>3</td>
</tr>
<tr>
<td>Thiamin</td>
<td>6</td>
</tr>
<tr>
<td>Riboflavin</td>
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<tr>
<td>Niacin</td>
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<td>Calcium</td>
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<tr>
<td>Iron</td>
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<table>
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<th>WHOLE MILK</th>
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<tr>
<td>Calories</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Percentage of the U.S. Recommended Daily Allowance</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Niacin</td>
</tr>
<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
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How Much Calcium Do You Need?

<table>
<thead>
<tr>
<th>AGE</th>
<th>CALCIUM (mg) daily</th>
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<tbody>
<tr>
<td>Children</td>
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<tr>
<td>1-5</td>
<td>800 mg</td>
</tr>
<tr>
<td>6-10</td>
<td>800-1200 mg</td>
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<tr>
<td>11-24</td>
<td>1200-1500 mg</td>
</tr>
<tr>
<td>Adults</td>
<td></td>
</tr>
<tr>
<td>Women 25-50</td>
<td>1000 mg</td>
</tr>
<tr>
<td>Women over 50</td>
<td>1000-1500 mg</td>
</tr>
<tr>
<td>Women over 65</td>
<td>1500 mg</td>
</tr>
<tr>
<td>Men 25-65</td>
<td>1000 mg</td>
</tr>
<tr>
<td>Men over 65</td>
<td>1500 mg</td>
</tr>
</tbody>
</table>

The Milk Group is not the only source of calcium.

Calcium Rich Foods

Almonds | 80 mg |
Baked Potato (with Skin) | 20 mg |
Beans, white | 113 mg |
Beans, pinto | 41 mg |
Broccoli (1 spear) | 82 mg |
Cabbage | 25 mg |
Cheese (1 oz. cheddar) | 204 mg |
Ice Cream (8 oz) | 176 mg |
Milk (8 oz. 2%) | 284 mg |
Mustard Greens | 64 mg |
Radish | 14 mg |
Spinach (1 cup raw) | 245 mg |
Tofu, calcium set | 258 mg |
Yogurt (8 oz.) | 415 mg |

Growing children should have 3 servings from the Milk group every day.

Did You Know?

Your body cannot make calcium? Calcium must come from the foods you eat.
- Muscles need protein
- Bones need calcium
Muscle Building
Protein

Why do we need calcium?
Calcium is needed for forming and maintaining bones and teeth. It is important in preventing osteoporosis and in helping to clot blood. Current research indicates calcium may reduce the risk of colon cancer and control blood pressure.

Food safety tip: Spoiled milk smells sour! Milk should be stored in the refrigerator. When you are finished serving milk, close the container and put it back in the refrigerator. Most people think milk tastes best when it is cold.

Yummy High Protein Fruit and Nut Sandwich
Wash your hands before you begin.
1 cup raisins
1 banana, cut into small pieces
1 orange, peeled, and cut into small pieces, seeds removed

Mix all of the ingredients together
Spread the mixture on 4 slices of bread and top with the other 4 slices.

Answers to puzzle
Across
3. a tasty kernel inside a shell
5. a soft brown nut spread
7. meat from a young sheep
10. a creamy food made from fermented milk
12. you catch it with bait

Down
1. seed from plants like wheat, oats, barley
2. a curd of milk pressed into a block
4. a favorite at Thanksgiving
6. meat from a cow or bull
7. found in a pod, has name like pinto or kidney
9. a food wrapped in a shell of brown or white, or colored different colors at Easter
11. a soybean product

Answers to Calcium Match
Yogurt (8 oz.)
Baked Potato (with skin)
Broccoli (1 spear, cooked)
Cheese (1 oz. cheddar)
Spinach (1 cup raw)
Ice Cream (8 oz.)
Milk (8 oz. 2%)
Orange (1 medium)
Salmon (3 oz. canned)
Navy beans (1 cup, cooked)

52 mg
204 mg
90 mg
176 mg
284 mg
226 mg
20 mg
415 mg
82 mg
245 mg
415 mg
20 mg
82 mg
204 mg
245 mg
176 mg
284 mg
52 mg
226 mg
90 mg

Yogurt (8 oz.)
Baked Potato
Broccoli
Cheese
Spinach
Ice Cream
Milk
Orange
Salmon
Navy beans

Match the amount of calcium with the food. Draw a line from the food to a calcium amount. The amounts are based on a serving size.

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3. a tasty kernel inside a shell
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Calculate the amount of calcium with the food. Draw a line from the food to a calcium amount. The amounts are based on a serving size.

Yogurt (8 oz.)
Baked Potato
Broccoli
Cheese
Spinach
Ice Cream
Milk
Orange
Salmon
Navy beans

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284 mg
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415 mg
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245 mg

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Spinach (1 cup raw)
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Milk (8 oz. 2%)
Orange (1 medium)
Salmon (3 oz. canned)
Navy beans (1 cup, cooked)
Table Talk Challenge

Game Rules:
1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the “Healthy Family” square is the winner.

Game Moves:

Did you eat 2 calcium rich foods today? If yes, move 2 spaces.
Did you wash your hands before eating? If yes, move 1 space.
Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 1 space.
Did you help with grocery shopping by choosing a calcium rich food? If yes, move 1 space
Did you drink milk today? If yes, move 2 spaces.
Do you choose low-fat milk when available? If yes, move 2 spaces.
Did you eat broccoli this week? If yes, move 2 spaces.
Did you eat cheese this week? If yes, move 2 spaces.
Did you choose to drink milk instead of a soft drink? If yes, move 3 spaces.
Did you eat breakfast this morning? If yes, move 1 space. If yes, and it included a calcium rich food move 3 spaces.
Did you drink 6 glasses of water today? Move 1 space if you drank 2 glasses or move 2 spaces if you drank 5 glasses, move 3 spaces if you drank 6 or more glasses.
Did you eat 2 servings of high protein foods today? If yes, move 1 space.
Did you eat yogurt in the last 3 days? If yes, move 2 spaces.
After serving yourself some milk, did you forget to put the milk back in the refrigerator immediately? If yes, move BACKWARD 1 space.