



Nutrition News

June/July 2019

Arbor Management, Inc.

June is National Dairy Month

Dairy plays a key role in nutrition! Dairy foods such as low-fat and fat-free milk, cheese, yogurt, and whey powder are convenient and cost-effective ways to get your protein!

As little as 10 grams of protein can stimulate muscle growth following exercise. An 8 oz glass of chocolate milk or yogurt will do the trick! It also is a great source of electrolytes, including calcium, potassium, sodium, and magnesium to help replenish what's lost in sweat.

Dairy foods are essential for bone health at all stages of life. Vitamin D in one cup of milk gives you a quarter or more of the daily requirement of vitamin D. Compared to most milk alternatives, cow's milk has higher amounts of and more absorbable calcium, making cow's milk a great choice for supporting bone and muscle health.

What's in Season?

Apricots, Bananas, Beets, Bell Peppers, Blackberries, Blueberries, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Garlic, Grapefruits, Grapes, Green Beans, Honeydew Melon, Kiwifruit, Lima Beans, Mushrooms, Nectarine, Peaches, Peas, Plums, Radishes, Raspberries, Strawberries, Summer Squash and Zucchini, Tomatillos, Tomatoes, Watermelon

7 Interesting Facts about Cheese

1. Cheese may help children eat more fruits, vegetables, and whole grains when eaten with these foods.
2. Cheese contributes high-quality protein as well as calcium, phosphorus, and vitamin A to the diet.
3. It takes 10 pounds of milk to make 1 pound of cheese.
4. Cheese was created over 4,000 years ago by accident.
5. People started dyeing cheese orange back in the 17th century to fool people into thinking it was higher quality.
6. The oldest cheese was from 1615 BC in China and resembles cottage cheese.
7. The world's most expensive cheese is made with donkey milk.

Fiesta Parfait



1 Serving

Ingredients:

- ½ cup drained canned Pinto Beans
- ½ cup plain low-fat yogurt
- ½ tsp Mexican seasoning
- 6 Tbsp your favorite salsa
- ¼ cup shredded lettuce

Note: Serve with whole grain corn tortilla chips for dipping.

Instructions:

1. Drain and rinse beans. Set aside.
2. Mix yogurt and Mexican seasoning, set aside.
3. Layer into 12 oz. clear cups:
 1. ½ cup drained beans
 2. ½ cup seasoned yogurt
 3. 6 Tbsp. salsa
 4. ¼ cup shredded romaine

Garnish with 1 Tbsp. shredded cheddar cheese.



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