



# June is National Dairy Month

Celebrate National Dairy Month by upping your intake of low- and non-fat milk and milk products to boost your health. You know that milk is good for you, but do you really know why? Other than calcium, do you know what is in milk? How is it beneficial?

## One cup of milk or its equivalents provides:

30% daily calcium requirement	Helps to build strong bones and teeth Decreases the risk of stress fractures and osteoporosis. Promotes normal blood pressure.
25% daily vitamin D requirement	May help support a healthy heart, normal blood pressure Promotes healthy aging and helps regulate the immune system.
20% daily phosphorus requirement	Works with calcium and vitamin D to help form bones and teeth and keep them strong Helps the body utilize carbohydrates and fats and synthesize protein Crucial in the production of ATP, a molecule the body uses to store energy
20% daily riboflavin requirement	Plays a key role in energy metabolism (helps release energy from carbohydrates) Plays a vital role in the development of the nervous system. Important for body growth and red blood cell formation
16% daily protein requirement	Helps build, maintain, and repair lean muscle; the high quality protein in milk contains all of the essential amino acids (the building blocks for protein). It is a major part of skin, muscles, organs, and glands
13% daily B <sub>12</sub> requirement	Important for metabolism Works closely with folate to form red blood cells Helps maintain the central nervous system.
11% daily potassium requirement	Helps regulate the balance of fluids in your body. Plays a role in maintaining normal blood pressure.
10% daily vitamin A requirement	Promotes good vision Helps form and maintain healthy teeth, skeletal and soft tissue, mucous membranes, and skin Maintains integrity of immune system.
10% daily niacin requirement	Helps enzymes function normally in your body. Important in the conversion of food to energy

## Fire up the Grill

Kick off the start of summer with a delicious barbecue. Enjoy fresh, seasonal food, and don't forget about sneaking in some milk and milk products! Try a few of the recipes featured here.

### Yogurt and Spice Grilled Chicken Skewers

#### Ingredients

- 1/3 cup honey mustard
- 2/3 cup reduced-fat sour cream
- 1 cup plain low fat yogurt
- 1 tsp Paprika
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 1 tsp Chili powder
- 1/4 tsp Cayenne pepper
- 1/2 tsp Salt
- 1 1/2 pound Chicken

#### Preparation

Dipping sauce:  
Whisk honey mustard and sour cream

#### Marinade:

Whisk remaining ingredients and place into quart plastic bag.

Slice chicken into strips. Marinate 4 hours in refrigerator.

Skewer chicken and grill on each side 2 1/2 minutes. Serve with dipping sauce.  
Courtesy of Meals Matter



### Roasted Beef Salad

#### Ingredients

- 8 Beets
- 5 tablespoons rice vinegar, divided
- 1/4 teaspoon Salt
- 1/4 teaspoon Freshly ground black pepper
- 8 cups salad greens
- 2 teaspoons Olive oil
- 1 (1/8-inch-thick) slice red onion, separated into rings
- 3/4 cup feta cheese

#### Preparation

Preheat oven to 375°.

Trim off beet stems and roots. Wrap each beet in foil; bake at 375° for 45 minutes or until tender. Cool beets to room temperature; peel and cut into 1/4-inch-thick slices. Combine beets, 4 tablespoons vinegar, 1/8 teaspoon salt, and 1/8

teaspoon pepper in a bowl; toss well.

Combine 1 tablespoon vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, salad greens, and oil in a large bowl; toss well. Place 2 cups salad greens mixture on each of 4 plates; top with beets and onion rings. Sprinkle each plate with feta cheese.

Courtesy of Meals Matter



### Double Strawberry Milksicles

#### Ingredients

- 1 (10 ounce) package Frozen strawberry halves in syrup
- 1 cup Lowfat milk
- 1/2 cup Fat free strawberry frozen yogurt or strawberry sorbet
- 1 Popsicle trays (holding eight 2.5-ounce popsicles)
- 8 Popsicle sticks (may come with popsicle kit)



#### Preparation

Partially thaw berries by leaving at room temperature for 10 minutes, or

microwaving the unopened plastic pouch at high power for 10 seconds. Place partially frozen strawberries (with syrup) in blender. Add milk and

frozen yogurt or strawberry sorbet. Cover; blend until smooth. Pour into

popsicle trays.

#### Did you know?

When a family member became ill after consuming contaminated milk, **Al Capone** helped create a law that required "Best Before" dates to be stamped on food products.

#### Move of the Month

### Downward Dog

- Start on all fours with hands directly under **shoulders**, knees under **hips**.
- Walk hands a few inches forward and spread fingers wide, pressing palms into mat.
- Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.
- Hold for 3 full breaths.



Courtesy of FitnessMagazine.com