



## The power of dairy foods

The beginning of a new year is a great time to set some personal goals. Your goals could be developing a financial plan, setting aside designated family time or taking steps toward better health. If you are going to focus on better health, take note of the power of dairy foods. Dairy is an important component of a healthy diet, said Diana Romano, Oklahoma State University Cooperative Extension . “The amount of dairy foods you need to eat depends on your age and it can vary between 2 and 3 cups each day, and even more if you’re very physically active,” Romano said. “Typically, 1 cup of milk, yogurt or calcium fortified soymilk; 1.5 ounces of natural cheese or 2 ounces of processed cheese is considered a cup from the dairy group. When choosing dairy products, fat free and low fat are good options.” However, not all dairy products are created equal. Milk and many foods made from milk retain their calcium content, including yogurt and cheese.

Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of the dairy group. Romano said consuming dairy products provides numerous health benefits, especially improved bone health. “Foods in the dairy group provide nutrients that are vital for health and maintenance of your body,” she said. “These nutrients include calcium, potassium, vitamin D and protein. Calcium is used for building bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American diets, and consuming 3 cups, or the equivalent, of dairy products can improve bone mass, which is vital as we age.” Romano reminds us that diets rich in potassium may help to maintain healthy blood pressure, and foods such as yogurt, cheese, fluid milk and calcium fortified soymilk, provide this much needed nutrient.

In addition, consumers also can find vitamin D in dairy products. Vitamin D helps the body maintain proper levels of calcium and phosphorous, which helps build and maintain bones. Milk and soymilk fortified with vitamin D are good sources of this nutrient, along with yogurt and ready to eat breakfast cereals. “Keep in mind milk is a great source of high-quality protein, with an average of 8 grams per cup. Compare that to nondairy milk alternatives that typically have 1 gram or less of protein per cup,” she said. “Also, as you read the label, keep in mind the sugar listed is not added; rather it’s the naturally occurring lactose found in cows’ milk.” So, not only are dairy products tasty, those that contain calcium are linked to improved bone health, especially in children and adolescents. Also, consuming these products may reduce the risk of osteoporosis. To be even more health conscious, switch to fat free or low-fat dairy foods as a way to cut down on the consumption of saturated fats and cholesterol. Romano said consuming foods high in saturated fat and cholesterol can have lasting health implications.

“Diets high in saturated fats raise the LDL cholesterol levels in the blood. High LDL increases the risk for coronary heart disease,” she said. “To help keep blood cholesterol levels healthy, limit the amount of saturated fats consumption. Also, high intake of fats makes it easy to consume more calories than needed.”

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# OHCE News & Notes



## Woods County OHCE

### Achievement Night

**February 24th @ 6:30 pm  
Registration**



Perfect attendance awards, achievement awards, secretary's books, scrapbook, OHCE Member, Young OHCE Member, Rookie OHCE Member of the Year and Heart of OHCE Award winners will be named at the **Woods County OHCE Achievement Night on Monday, February 24th** in the Women's Building at the Woods Co. Fairgrounds.

*All nominees from local groups for Rookie Member, Young Member, OHCE Member of the Year and Heart of OHCE Member will be recognized!*

Come early to enjoy the refreshments and feel proud of the work your group has done during the past year. OHCE hostess group is:

**Better Homes  
All Duties**



## Reminders

- ♥ Mark March 26, 2020 as the date for the **West District OHCE Meeting in Fairview, OK**. Details will be provided at our OHCE Achievement Night.
- ♥ Each group is asked to provide one (1) dozen cookies for OHCE Achievement Night, February 24th at 6:30 p.m.
- ♥ OHCE Member Awards due to Extension Office by **January 17th**.
- ♥ Reports & Secretary Books and Scrapbooks are due to Extension Office by **January 17th**.

Awards & report forms may be found at:

<https://humansciences.okstate.edu/fcs/>



**Don't forget....**

**2020 OHCE Yearbooks are NOW available at the Woods County Extension Office.**

**Come and pick yours up if you haven't already!**



**February 2020 OHCE  
Leader Lesson**

**"Meal Prepping"**

**January 23rd @ 1:30 pm  
Woods County Courthouse**

**March 2020 OHCE Leader Lesson**

**"Going Green in Your Home"**

**February 27th @ 1:30**

**Woods County Courthouse**



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