



## STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

# 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 assistant specialist.

“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 prod-



ucts 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

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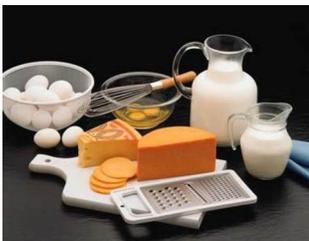
with vitamin D are good sources of this nutrient, along with yogurt and ready to eat breakfast cereals.

“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.”



## 10 Tips: Got Your Dairy Today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups\* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

### 1. “Skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn’t reduce calcium or other essential nutrients.

### 2. Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

### 3. Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

### 4. Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

### 5. What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

### 6. Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.

### 7. Limit added sugars

Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

### 8. Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

### 9. Can’t drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

### 10. Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

\* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.

# JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 If you are celebrating a Birthday this month, we wish you a			1  Office Closed	2	3	4
5	6 Work & Play OHCE Mtg. @ 1:30	7 Better Homes OHCE Meeting @ 1:00	8 Tai Chi @ 12:15 Sr. Center	9	10	11 4-H Indoor Archery Stillwater
12	13 Prairie Rose OHCE Mtg. @ 10:00am	14 4-H Make & Take @ 3:30	15 Tai Chi @ 12:15 Sr. Center	16	17 4-H Has Talent, Fashion Review/Impressive Dress 4:00pm @ Mooreland H.S.	18 Major Co. 4-H Archery, Air Pistol, Air Rifle—Fairview
19	20 Office Closed Woodwardettes OHCE Mtg. @ 1:30	21	22 Tai Chi @ 12:15 Sr. Center	23	24	25 4-H Air Rifle, Air Pistol Stillwater  National Make it With Wool—Scottsdale, AZ
26	27	28 4-H Make & Take @ 3:30	29 SewMe Day 9-3 Sewing Basics—4-6:30pm Tai Chi @ Sr. Center—Woodward @ 12:15	30	31	30

# FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 If you are celebrating a Birthday this month, we wish you a good one.						1
2 Groundhog Day	3 Work & Play OHCE Mtg.	4 Better Homes OHCE	5 Tai Chi @ Sr. Center—Woodward @ 12:15pm	6 OHCE Achievement Night @ 6:00pm	7	8
9	10 Prairie Rose OHCE Mtg. @ 1:00pm	11	12 Lincoln's Birthday Tai Chi @ Sr. Center—Woodward @ 12:15pm	13	14 Valentine's Day	15
16	17 President's Day Woodwardettes OHCE Mtg. @ 1:30pm President's Day	18	19 Tai Chi @ Sr. Center—Woodward @ 12:15pm	20	21	22 Washington's Birthday
23	24	25 District Lamb Lead—Interviews @ 2pm	26 Ash Wednesday SewMe Day 9-3 Sewing Basics—4-6:30pm Tai Chi @ Sr. Center—Woodward @ 12:15pm	27	28	29



# West District OHCE Meeting (Northern Region) MARCH 26, 2020

Host Counties: Blaine, Major & Kingfisher

## ROCK 'N' ROLL with OHCE

Major County  
Fairgrounds,  
Expo Center  
808 E Highland  
Fairview



MEETING REGISTRATION: \$20 DUE BY MARCH 2, 2020

MAIL REGISTRATION TO: JIM JUDGE  
214490 EAST COUNTY ROAD 33, MOORELAND, OK 73852

MAKE CHECKS PAYABLE TO: WOODWARD COUNTY OHCE

**THURSDAY ~ MARCH 26TH ~ 8:30 A.M.**

### HIGHLIGHTS

- ❖ Coffee/Registration/Silent Auction
- ❖ Business Meeting/Call to Order
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ Recognition of Award Winners
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prizes & Silent Auction Winners Announced

### WORKSHOPS

- Backyard Poultry
- Monarch Butterflies
- Photography
- Spring Wreaths
- Bees & Honey
- Diabetes
- Aging
- AARP
- Annuals & Perennials
- Small Business Information
- Active Listening

### DESIGNATED CONFERENCE HOTEL

Block of rooms reserved for Wed., March 25<sup>th</sup>  
Best Western Plus, Fairview – (580) 227-2880  
802 N. Main, Fairview

Queen Standard-\$96/room - Queen Suite-\$118.15

**A block of 15 rooms are being reserved under West  
District OHCE until February 25<sup>th</sup>!**

**Call the hotel today to reserve a room!**



50's NIGHT OUT! – Baked Potato & Salad Bar \$10 – 6 p.m.

Driving in Wednesday night and would like to visit with other OHCE members? A Baked Potato & Salad Bar will be available at the Major County Fairgrounds, Exhibit Building, 808 E Highland, Fairview (Please turn in to your county treasurer with your meeting registration.)



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All **Award Applications** are due to the OSU Extension Office by January 15th for review by Executive Committee. Applications are due to the State Awards Chair by February 1st. **Forms** are on the State OHCE website, <https://humansciences.okstate.edu/fcs/ohce/resources.html> **Leader Lessons** are available for pickup, if you are responsible for the lesson you are responsible for picking it up and presenting it.



Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best. [www.OHCE.okstate.edu](http://www.OHCE.okstate.edu)



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.