

# Healthy Habits

A publication of Maternal & Family Health Services that provides nutrition education and helps people make healthy food choices

## Calcium

Calcium is one of the nutrients most likely to be lacking in the American diet. According to the USDA, nearly nine out of ten women (ages 20 and up) and almost eight out of 10 men fail to meet calcium recommendations. Milk is an excellent source of calcium and provides eight additional essential nutrients, including protein, potassium, phosphorus, vitamins A, D and B12, riboflavin and niacin. Milk and milk products help build strong bones, teeth and muscles. Research shows that when cutting calories to lose weight, three servings of fat-free or low-fat milk, cheese or yogurt each day helps people burn more fat and lose more weight than just cutting calories alone.



## Doing Dairy Every Day

The Dietary Guidelines for Americans recommend people consume 3 servings of fat-free or low-fat milk or milk products every day as part of a healthy diet, and lactose-free milk or yogurt for individuals who are lactose intolerant. Here are some easy ideas:

- Include milk as a beverage at meals
- Instead of water, stir a cup of fat-free or low-fat milk into condensed soup or hot cereal
- Turn your coffee into a latte by mixing a shot of espresso or strong coffee with a cup of milk
- Mix a cup of yogurt with seasoning for a veggie dip or sandwich spread
- Blend a cup of yogurt with your favorite fruit and ice to make a smoothie
- Top casseroles, soups, stews, pasta or vegetables with shredded reduced fat cheese

## What foods are included in the milk, yogurt, and cheese (milk) group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.

Source: National Dairy Council [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)



Another great resource....  
[www.3aday.org](http://www.3aday.org)

Check out the back for great, healthy recipes!

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# HEALTHY RECIPE

## Lo's Blueberry Coffee Cake

Serving Size: 1/8 of recipe    Yields: 8 servings

### Ingredients:

- 1 egg
- 1/2 cup nonfat milk
- 1/2 cup nonfat vanilla yogurt
- 3 tablespoons canola oil
- 2 teaspoons grated lemon peel (yellow only)
- 2 cups flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cup fresh (or frozen unsweetened) blueberries

### For the Topping:

- 3 tablespoons sugar
- 2 tablespoons coarsely chopped walnuts
- 1/4 teaspoon cinnamon

### Instructions:

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl, whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt into the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8 or 9 inch baking pan coated with nonstick spray.
5. In a small bowl, combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake at 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve at room temperature.

Nutrition Facts	
Serving Size 1/8 of recipe (116g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 60</b>
<small>% Daily Value*</small>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein 6g</b>	
Vitamin A 2%	• Vitamin C 6%
Calcium 20%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories    2,000    2,500</small>
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

# HEALTHY RECIPE

## Tortilla Pizzas

Serving Size: 1 pizza    Yield: 6 servings    Time: 25 to 30 minutes

### Ingredients:

- 12 small flour tortillas
- vegetable oil or margarine
- 3 cups chopped vegetables such as broccoli, mushrooms, spinach, and red bell pepper
- 1 can (16 ounce) refried beans
- 1/4 cup chopped onion
- 1/2 cup cheese, shredded part-skim, mozzarella
- 6 tablespoons red taco sauce
- 2 ounces diced fresh or canned green chili peppers
- 1/2 cup chopped, fresh cilantro

### Instructions:

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Nutrition Facts	
Serving Size 1 prepared pizza, 1/6 of recipe (309g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 370</b>	<b>Calories from Fat 80</b>
<small>% Daily Value*</small>	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 950mg</b>	<b>40%</b>
<b>Total Carbohydrate 63g</b>	<b>21%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 6g	
<b>Protein 15g</b>	
Vitamin A 180%	• Vitamin C 25%
Calcium 20%	• Iron 25%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories    2,000    2,500</small>
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Recipes Adapted from California's Chefs Cook Lean—California Project LEAN—California Dept. of Health Services

Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

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