



# Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson **7**

## Calcium: it's not just for kids!

Calcium in the diet builds bone during childhood and the teen years. Yogurt, milk and soy milk have potassium, which helps you have healthy blood pressure.

### What counts as 1 cup of milk?

One cup of milk is used to compare the amount of calcium and other nutrients in dairy foods. Here are some examples of how other foods stack up to the nutrients in one cup of milk:

- 6-ounce container yogurt =  $\frac{3}{4}$  cup
- 2 slices hard cheese like cheddar, mozzarella
- 3 slices processed cheese like American
- $\frac{1}{3}$  cup shredded cheese
- 2 cups cottage cheese
- 1 cup pudding made with milk
- 1 cup frozen yogurt
- $1\frac{1}{2}$  cups ice cream

**Some dairy foods contain a lot of saturated fat and added sugar. Look at the Nutrition Facts, and limit these foods.**

### What about cream cheese?

Cream cheese, cream and butter have little or no calcium so they aren't counted as part of the dairy group.



### Calcium throughout the day

Here are some tips for adding calcium-rich foods each day:

- 🕒 **Before school:** Make a smoothie with fat-free or low-fat milk and fruit.
- 🕒 **At lunch:** Add a carton of low-fat milk to go with lunch instead of soda or a sugary drink.
- 🕒 **After school:** Dip baby carrots in a dip made with fat-free or low-fat plain yogurt.
- 🕒 **Dinner:** Add some reduced fat or low-fat cheese or cottage cheese to a dinner salad.
- 🕒 **Evening snack:** Have a container of low-fat vanilla or fruit-flavored yogurt instead of cookies.

# Recipe

## Cheesy Potato Soup

### What you need:

- 1 medium onion, chopped (about 1 cup)
- 1/4 cup celery, chopped
- 1 teaspoon oil
- 2 cups potatoes, peeled and diced bite size
- 2 cups chicken broth
- 1/4 teaspoon pepper
- 3 Tablespoons cornstarch
- 1 1/2 cups nonfat or 1% milk, divided
- 3/4 cup (3 ounces) cheddar cheese, shredded
- 1 Tablespoon bacon bits or 1 slice bacon, cooked and crumbled



### Directions:

1. In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear.
2. Add the potatoes, broth, and pepper. Bring to a boil. Reduce heat; cover and simmer until the potatoes are tender, 15 to 25 minutes.
3. In a small bowl, stir together cornstarch and 1/4 cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Prep time: 10 minutes

Cooking time: 35 minutes

Makes: 6 cups

Source: <https://www.foodhero.org/recipes/cheesy-potato-soup>

**There's no power like your power. You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer fat-free or low-fat milk and yogurt at meals and snacks.**

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)