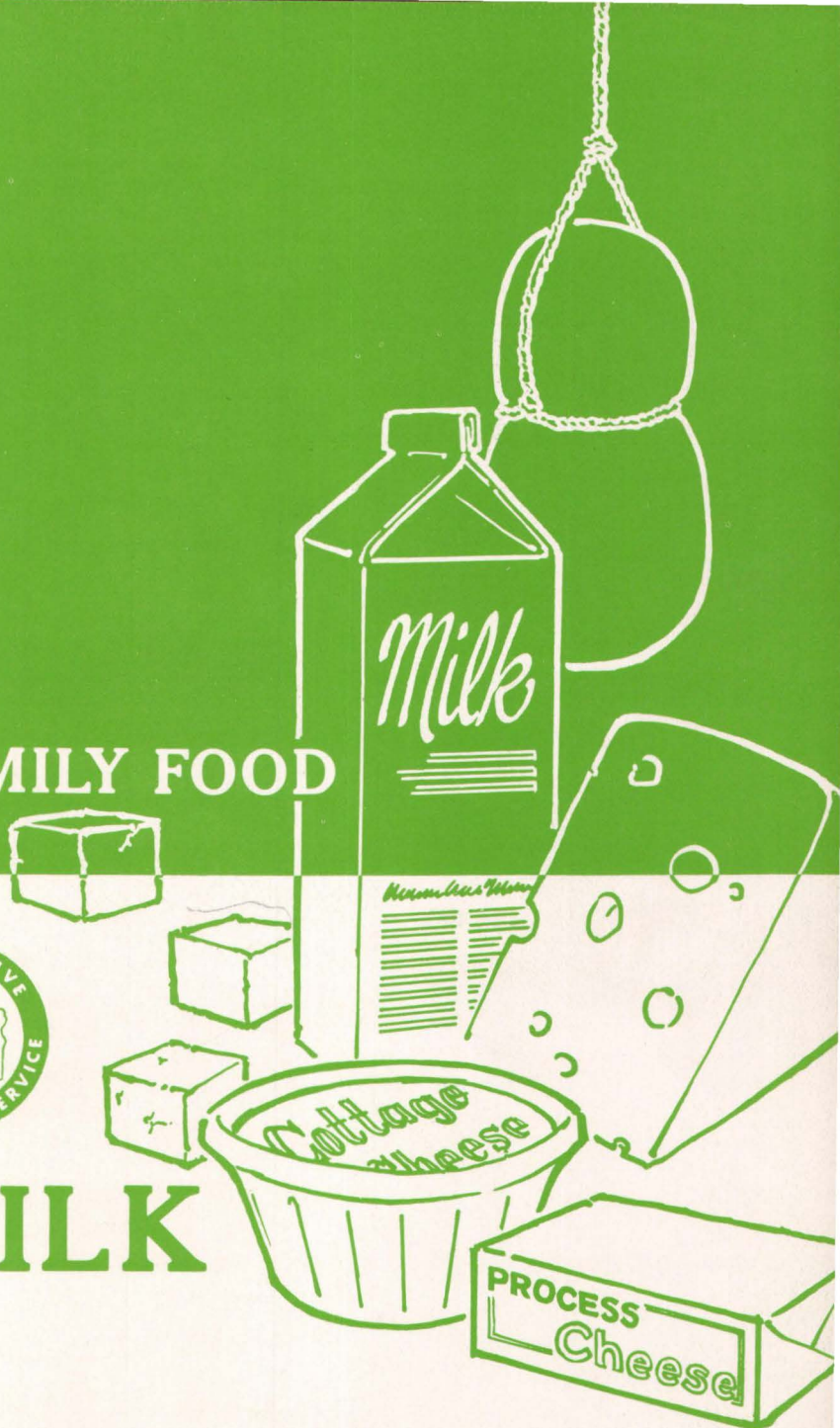


FAMILY FOOD



MILK



Milk

Everybody needs milk every day to stay healthy.

Why Use Milk?

Milk is rich in:

● Calcium

Calcium builds bones and teeth.

Calcium keeps bones healthy and strong.

● Protein

Protein helps children grow.

Protein builds muscle and blood.

Protein keeps the body repaired.

● Vitamins

Milk has important vitamins.

Vitamins help you look and feel good.

How Much Milk Should You Have Each Day?

Children under 9

(2 to 3 glasses)



Children 9 to 12

(3 or more glasses)



Teenagers

(4 or more glasses)



Adults

(2 or more glasses)



Pregnant women

(3 or more glasses)



Nursing mothers

(4 or more glasses)



Milk will **NOT** supply all of your body needs. Eat different foods every day. Look on the back page.

Kinds Of Milk

Milk as it comes from a cow is **raw milk**. Raw milk heated until harmful germs are killed is **pasteurized milk**. Pasteurized milk is the safest kind to drink.



Kinds Of Pasteurized Milk

Homogenized milk tastes "rich." The cream is mixed all through it.

Fortified milk has vitamins and minerals added to it.

2% milk has less cream in it.

Skim milk has all the cream taken out.

Chocolate flavored milk is milk with chocolate added.

Buttermilk is skim milk with a slightly sharp, acid taste.

Nonfat dry milk is skim milk with the water taken out.

Evaporated milk comes in a can. Some of the water has been taken out. Use evaporated milk as cream in your cooking, in your coffee or tea, and to pour over cereal and pudding. Or mix it with an equal amount of water and use it as milk.

Condensed milk also comes in a can. Sugar has been added to it. It is very thick. Use condensed milk for making candy and special desserts.



You Can Eat Your Milk To Get Your Calcium

You do not need to drink all of your milk. You can get some of your milk from the foods listed below. They have as much **calcium** as 1 glass of milk.

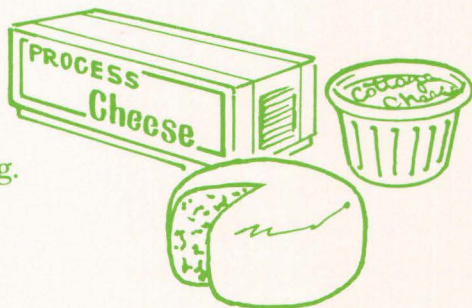
3 servings of cottage cheese ($\frac{1}{2}$ cup each) have	} as much calcium as 1 glass of milk
4 dishes of ice cream ($\frac{1}{2}$ cup each) have	
1 cup of ice milk has	
$1\frac{1}{3}$ cups of soup made with milk have	
1 cup of custard has	
1 cup of cornstarch pudding has	
2 1-ounce cubes of cheese have	

Kinds Of Cheese

- Cottage cheese
- Process American cheese
- Natural American cheese
- Swiss cheese

Use process cheese often. This cheese:

- Has a mild flavor.
- Is lower in cost.
- Is easy to use for cooking.
- Has no rind or waste.



Drink skim milk to help you lose weight.

Caring For Milk Products At Home

Keep milk:

- Clean ● Cold ● Covered
- Out of the sun—sunlight harms some vitamins.

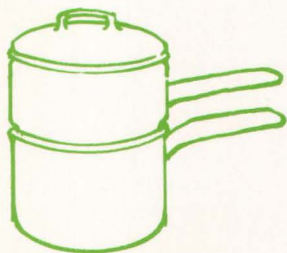
Keep:

- Ice cream in your home freezer or the freezer part of your refrigerator.
- Canned milk on your cupboard shelves. Keep opened cans in your refrigerator.
- Dry milk in a jar or can with a tight-fitting cover. Store it away from heat.
- Cheese—well wrapped—in your refrigerator. You can scrape off a little mold and still use cheese.

Cooking With Milk

To keep milk from scorching:

- Use a heavy pan or use a double boiler.
- Cook slowly over low heat.
- Stir milk as it cooks.



Water boiling in the bottom of a double boiler keeps cocoa, soup, cereal, and pudding hot until ready to eat.

Stretch Your Milk Money

- Price different kinds of milk. Skim, canned, and buttermilk usually cost less than fresh, whole milk.
- Pay cash. Carry your milk home.
- Price half or full gallons of milk. One gallon usually is cheaper than 4 separate quarts.
- Slice or grate cheese yourself. You pay to have this done for you.
- Save the most by using dry milk. A quart of mixed dry milk costs 10¢ to 15¢ or less.

For 1 quart of milk:

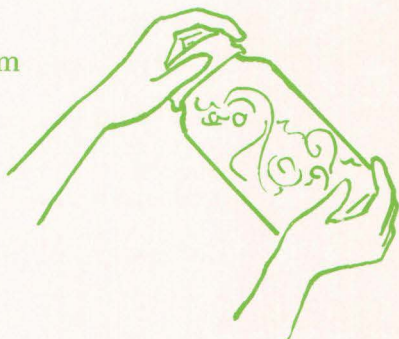
Fill a quart jar nearly full of warm water.

Add 1 cup of dry milk.

Cover the jar tightly.

Shake jar until lumps are gone.

Cool milk before serving it.



- Mix dry milk and regular milk. To make 1 quart:

Fill quart jar half full of warm water.

Add $\frac{1}{2}$ cup dry milk.

Put cover on jar and shake until lumps are gone.

Remove cover and fill jar with regular milk.

Cover jar and cool milk before drinking it.

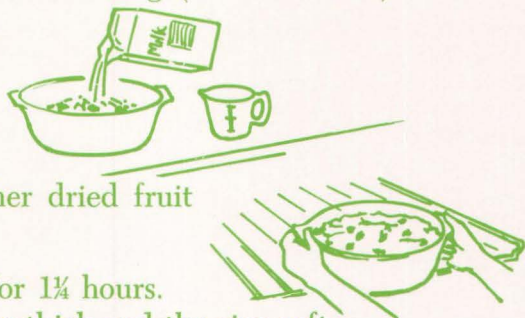


Recipes

Old Fashioned Rice Pudding (Serves 6 to 8)

- In a baking dish, mix:

- $\frac{1}{4}$ cup raw rice
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{2}$ cup sugar
 - $\frac{1}{2}$ cup raisins or other dried fruit
 - 1 quart milk



- Bake in a 300° oven for 1 $\frac{1}{4}$ hours.

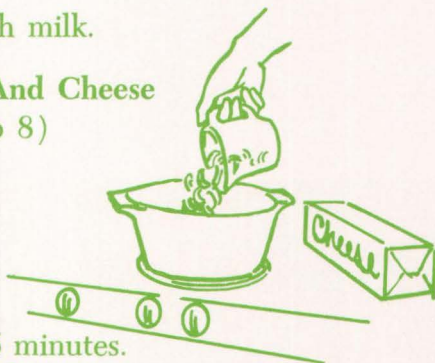
The pudding should be thick and the rice soft.

As skin forms on the top during baking, stir it back into the pudding.

- Add: 1 teaspoon vanilla
2 teaspoons butter
- Serve pudding hot or cold with milk.

Quick Macaroni And Cheese (Serves 6 to 8)

- Heat 1 quart of milk in a heavy pan until it boils.
- Add 2 cups of macaroni.
- Lower the heat and cook for 5 minutes.
The macaroni will be almost tender.
- Add: $\frac{1}{2}$ pound finely chopped process cheese
 $\frac{1}{2}$ teaspoon salt
2 tablespoons butter



- Pour mixture into baking dish.
- Bake in a 350° oven until macaroni is tender.



There is no one perfect food.
To stay healthy, you should:

Drink some milk every day.

Eat at least 4 servings
of fruits and
vegetables every day.

Eat other foods such
as fats and sweets to
round out your meal.

Eat at least 4 servings
of whole grain, restored,
or enriched breads and
cereals every day.

Eat at least 2 servings
of meat every day.

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Cooperative Extension Service • Oregon State University
Extension Bulletin 825 **May 1971**

Cooperative Extension work in Agriculture and Home Economics, Lee Kolmer, director. Oregon State University and the U. S. Department of Agriculture cooperating. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914.