

FOOD BYTES

Hi there!

June
2024

National Dairy Month

June is National Dairy Month! Dairy is one of the 5 food groups and includes foods like milk, cheese, and yogurt, as well as lactose-free and soy milk and yogurt. It's recommended that children 8 and younger consume about 2-2 ½ cups of dairy each day, and people aged 9 and above get 3 cups per day.

Dairy foods provide us with essential nutrients that are vital for our health and body maintenance. Specifically, dairy foods supply calcium and Vitamin D, which can improve and promote bone health. This is especially important for children and adolescents while bone mass is being built. Dairy foods also provide us with other nutrients like potassium, which can help maintain healthy blood pressure, protein to help our muscles, and phosphorous that also supports bone health.

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Don't consume dairy? Soy-based milk and yogurt are still part of the dairy group – just ensure you are choosing options that are fortified with calcium, vitamin A, and vitamin D! Other foods that will give you calcium include fortified juices, tofu, fortified milk alternatives, and some leafy greens!

KITCHEN TIP

Did you know Greek yogurt can be used as a swap in the kitchen? Its thickness and tangy flavor allows it to be substituted into baked goods, dressings, marinades, and more! Use it as a 1:1 swap for heavy cream or butter when baking to get a protein boost.



Recipe Strawberry-Chocolate Greek Yogurt Bark

Yields 32 Pieces

Ingredients:

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1-1/2 cups sliced strawberries
- ¼ cup mini chocolate chips

Instructions:

- Line a large-rimmed baking sheet with parchment paper.
- Stir yogurt, maple syrup (or honey), and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10x15 rectangle
- Scatter strawberries on top and sprinkle with chocolate chips.
- Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

• Keep cool with this refreshing summer treat! Try different toppings like blueberries, raspberries, or granola.