

March 2008

**GOT MILK?** How about Yogurt? Maybe some cheese? We all know how important the dairy group is for our bones. But – did you know the nutrients in dairy products, (calcium, potassium and magnesium) may help in the prevention of hypertension (high blood pressure)?

When I ask people what kind of milk they drink, (meaning whole, 2%, or skim) I always get the same answer " I only drink Vitamin D milk". Well guess what !? ALL milk is Vitamin D milk. The only difference is the amount of fat that has been left in the milk. Whole milk means all the fat is left in the milk, 2% means there is only 2% of the fat left in the milk, and skim means they have skimmed all the fat off the milk. Vitamin D is put in all milk because our bodies only make it if we are in the sunshine. Without Vitamin D, our bodies cannot absorb the calcium in milk. Now, – what kind of milk do you drink?



WHAT IS EVAPORATED MILK?

Evaporated milk has been heated to a very high temperature to evaporate half the amount of water, leaving a thicker, creamier milk (it has Vitamin D). Use evaporated milk in place of milk in recipes where you would like a creamy consistency, such as macaroni and cheese or other casseroles. It is especially good when used in making instant mashed potatoes.

IS CONDENSED MILK THE SAME  
AS EVAPORATED MILK?

Regular condensed milk is the same as evaporated milk, but sweetened condensed milk which we use to make some of our yummy baked goods is actually evaporated milk with added sugar.



WHAT IS NON-FAT DRY MILK?

Non-fat Dry Milk is milk that has had all of the fat and all of the water removed. This leaves only the milk and it's nutrients in powder form. When re-constituted with water, it becomes skim milk.



MAKE YOUR OWN SWEETENED CONDENSED MILK

- 1 & 1/2 cups non-fat dry milk powder
- 1/2 cup water
- 3/4 cup sugar
- 1 Tablespoon margarine/butter

Combine milk and water in a non-stick saucepan. Allow to sit for about 15 minutes, whisking occasionally until smooth. Stir in sugar and butter. Cook and stir over medium heat until bubbly, about 4-5 minutes. Turn heat to low and continue cooking, stirring occasionally, about 5 minutes more or until smooth.

Makes 1 & 1/3 cups equal to 1 can milk.

## AMERICAN PROCESSED CHEESE

Is it really cheese? This is where you have to pay attention to the label. American Cheese is processed from different types of cheese, like Cheddar and Colby. If the label says Processed Cheese Food, then it is more water and oil than cheese. Processed Cheese Product does not meet government recommendations to be called cheese. Processed Cheese Spread is a combination of various cheese foods with a sweetener and a stabilizing agent to keep the ingredients from separating in the jar. (For example, Cheese Whiz, is a processed cheese spread). Imitation cheese is made from vegetable oil and doesn't melt very well. Cheese Foods and Cheese Products are sticky, this is why you find them in Individually wrapped slices. Real cheese does not stick to itself when cut, so the slices don't have to be wrapped separately.

## MAKE YOUR OWN CHEESE WHIZ

- 2 cups water
- 2 cups non-fat dry milk powder
- 1 stick margarine
- 1 to 1 & 1/2 pounds of cheese grated

Combine all ingredients in large saucepan. Heat slowly, stirring constantly until everything is dissolved and mixture is smooth. Divide into containers. This will fill 3 one pound margarine tubs. You can divide batches and add garlic powder, bacon bits, or onions to make your own specialty cheese spreads.

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## YOGURT

Yogurt is made from milk and a safe bacteria called acidophilus (pronounced acid-off -i-lus). The bacteria is what gives yogurt that tangy flavor we love. Yogurt is healthy. It contains all the same nutrients as milk and keeps our digestive system running smoothly. Yogurt also keeps the yeast bacteria naturally found in our body in balance.

## FROZEN YOGURT

Frozen yogurt is just what it says, yogurt that is frozen. It may or may not contain the live acidophilus bacteria. It is a good low-fat, low-calorie alternative to ice cream.



## CREAMY BLUEBERRY SHAKE

- 2 cups fresh or frozen blueberries  
(If fresh, sort and wash )
- 2 small ripe bananas
- 1/3 cup honey
- 2 Tablespoons lemon juice
- 1 & 1/2 cups low-fat vanilla yogurt
- 1 cup low-fat vanilla frozen yogurt

Combine blueberries, bananas, honey and lemon juice in a blender. Puree' on high. Add yogurt and frozen yogurt. Blend until thick and smooth. Serve immediately in cold glasses.