

SERVING SENIORS  
IN OUR COMMUNITY  
WITH NEWS THEY  
CAN USE...

# The Healthy Plate

CSFP NEWSLETTER

JUNE 2012

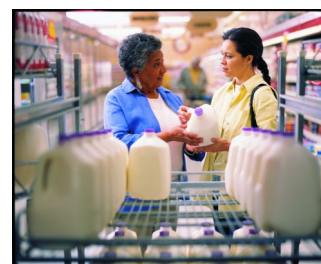
## THIS MONTH'S TOPICS

- **Diary Foods & Bone Health**
- **Safety Tips**
- **Yogurt**
- **June Sudoku**
- **Recipe**

## Milk Does the Body Good!

June is National Dairy Month. Consuming dairy foods is very important for strong bones and teeth. All people 9 years and older should consume at least 3 cups of dairy products a day. Dairy foods include all fluid milk, yogurt, cheese, calcium-fortified soymilk, and milk-based desserts (pudding and ice cream). All of these dairy foods have vitamin D and calcium which build strong bones and reduce the risk of broken bones. Choose fat-free or low-fat milk, yogurt, and cheese, when possible. If you choose high-fat or

sweetened milk products (flavored milk, yogurt, drinkable yogurt, desserts), the sugar and fat count as extra calories. For those who cannot drink cow's milk (lactose intolerant), small portions (i.e. 4 fluid ounces of milk) of dairy foods may be tolerated or lactose-free and lower-lactose products are available. Also, calcium-fortified foods and beverages such as cereals, orange juice, or rice or almond beverages may provide calcium, but may not provide the other nutrients found in dairy products. Vitamin D and



calcium are very important for older adults to prevent broken bones.

To prevent falls follow these safety tips.

- Use railings when available.
- Remove rugs
- Install night lights
- Wear fitted comfortable nonskid shoes.
- Clear walkways of clutter and extension cords.

Source: Choosemyplate.gov



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## This Month in Food: Yogurt

Yogurt is a nutritious dairy food that can be eaten anytime of day or night and many different ways. For a healthy snack, add fruit, granola, 100% fruit jams, or fruit from your CSFP box to your favorite type of yogurt. Building your own yogurt snack is

cheaper and healthier than pre-mixed versions. The most common types of yogurt available are regular yogurt and Greek yogurt. Greek yogurt provides extra protein to help build strong muscles. Both types of yogurt are good sources of vitamin D and calcium to help



keep your bones strong. When purchasing yogurt it is best to choose low-fat or fat-free yogurt options. So...go buy some yogurt and have fun creating new ways to eat a fun and healthy snack!!

**For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.**

# June Sudoku

Source: www.dailysudoku.com 4/23/12

			6					4
	1						7	6
	8	6		1			2	
					7		3	
6				4				5
	3		2					
	6			7		5	1	
4	9						8	
8					9			



2	9	4	6	3	1	7	5	8
7	8	3	2	9	5	1	6	4
9	1	5	8	7	4	3	9	2
8	4	7	9	6	2	5	3	1
5	9	2	1	4	3	8	7	9
1	3	6	7	5	8	2	4	9
3	2	9	4	1	7	6	8	5
6	7	8	5	2	9	4	1	3
4	5	1	3	8	6	9	2	7



### Money Saving Tips:

Buy fruit in season when it costs less. Cut off the tops of strawberries and slice and remove pits from fruits. Put in freezer bags and store in your freezer for delicious smoothies in the winter!

## Frozen Fruit Smoothie

This refreshing drink is as nutritious as it is easy to make... Makes 1-12 ounce Smoothie

### Ingredients:

- 3/4 (6 ounces) of low-fat yogurt
- 1/2 Banana
- 1/2 cup 100% pineapple juice or 100% orange juice
- 1/2 cup frozen fruit: strawberries, pineapple, blueberries, peaches, apples



### Preparation:

1. Put all ingredients in a blender.
2. Blend until mixed and smooth about one minute.
3. Pour into a large cup and drink!

Each smoothie provides: 1-1/2 cups of fruit and 3/4 cups of dairy

### Nutritional Information:

Calories:	301
Carbohydrate:	62 g
Fiber:	3.3 g
Total Fat:	2.7 g
Cholesterol:	9 mg
Protein:	10.5 g
Sodium:	125 mg
Calcium:	300 mg

Adapted from: Food Bank of Delaware SNAP Recipe Book

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.