

Milk - It's Not Just for Kids!

Did you know that health experts now recommend that adults drink 3 cups of milk a day for good health? The old recommendation was 2 cups. In Georgia, very few adults drink milk with their meals. Tea, coffee, soft drinks, and water are more common. Variety is the spice of life, so consider doing something different and have a glass of milk with your lunch! Milk over ice is nice!

There are many types of milk to choose from. Lower fat milk provides just as much calcium, B vitamins and protein as whole milk, with much less fat. If you usually eat 2000 calories a day, you should try to get no more than 65 grams of fat (30% of your calories). Here's how different types of milk compare:



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| • Whole | 1 cup | 8 grams |
| • 2% | 1 cup | 5 grams |
| • 1% | 1 cup | 2 grams |
| • Fat free | 1 cup | 0 grams |

Frequently Asked Questions about Milk

Q. Milk doesn't seem to agree with me. Is there something I can drink instead that will give me the calcium I need?

A. Some adults have trouble digesting lactose, the sugar that is naturally present in milk. There are special types of milk available that are low in lactose or lactose-free. Try drinking milk with meals and in small amounts – 1/4 – 1/2 cup at a time.

Q. I really don't like the taste of plain milk. What can I do?

A. Consider adding flavoring to your milk – like chocolate syrup or strawberry syrup. There are low-sugar versions available with fewer calories. Some people like the taste of evaporated milk, especially on fruit and cereal. If you don't dilute it, it has twice as much calcium per cup as fresh milk. You could also consider using instant or dry milk in cooked products, like rice pudding.

Microwave Easy Rice Pudding*

2/3 cup uncooked rice	½ teaspoon cinnamon
2 cups warm water	½ teaspoon vanilla
½ cup instant dry milk	1 cup water
2 Tablespoons sugar	

In a very large microwave-safe casserole dish, combine rice and 2 cups warm water. Cover loosely so steam will escape. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost(50% power) and cook 10 more minutes. Mix rest of ingredients together in medium bowl (instant milk, sugar, cinnamon, vanilla, water). Add to rice and stir quickly. Cover loosely and cook 10 more minutes on defrost (50% power). After cooking, let pudding sit, covered, 10 minutes. Spoon into individual serving dishes and serve warm.

*Recipe courtesy of Simply Good Cooking, University of Minnesota Extension Service.

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