



Best Buys In... Milk and Alternatives

Milk and many milk products provide us with a great source of energy plus a total of 15 essential nutrients that are essential for our health. Choose lower fat milk products more often in order to give your body the nutrients it needs, with less fat and calories.

Canada's Food Guide recommends:

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|--------------------------|----------------------|
| • Children 2-8 years old | 2 servings per day |
| • Youth 9-18 years old | 3-4 servings per day |
| • Adults age 19 - 50 | 2 servings per day |
| • Adults age 51+ | 3 servings per day |

1 Serving =
 1 cup milk or fortified soy beverage
 ¾ cup yogurt
 1½ ounces cheese or 2 slices cheese
 1 cup milk based pudding
 ¾ cup kefir

Milk

- Skim milk powder is a great low cost alternative to fluid milk, while still providing the same nutrients. Try milk powder in cooking or baking for added nutrients.
- Buy milk in 4 L bags or jugs. It's roughly 35% cheaper than buying cardboard cartons.
- Freeze bags of milk for up to 6 weeks if you can't use them before the expiry date. Thaw the bag in the refrigerator and shake it before you open it.
- Use evaporated 2% milk instead of cream in recipes for less fat. Creams are high in fat, low in nutrients and more expensive.

Cheese

- Save 20-30% by buying "no name" or store wrapped cheese.
- Buy cheese in blocks and slice or grate it yourself.
- Choose lower fat cheeses with 20% M.F. (milk fat) or less for a healthier choice.
- Sliced cheese may be cheaper at the deli counter than in packages. Compare the price per kg for best buys.
- Processed cheeses are a good source of calcium but they cost more and are high in sodium.
- Freeze blocks of cheese when on sale or if not able to use before the expiry date.
- Thawed cheese will crumble but will be just as nutritious.

Yogurt

- Buy large containers rather than individual serving size containers.
- "No name" yogurts or store brands are cheaper.
- Buy plain yogurt and add your own fruit toppings as a healthier alternative.
- High fat and low fat yogurts often cost the same price. Yogurts with 2% M.F. or less are a healthier choice for adults.



Milk and Cooking

Cooking from scratch can save money and doesn't have to be difficult. Here are a few quick and delicious recipes that everyone can enjoy!

Quick Macaroni & Cheese

Ingredients

1 cup	Macaroni	250 mL
2 tbsp	Margarine	30 mL
2 tbsp	Flour	30 mL
¼ tsp	Dry mustard powder	1 mL
1 cup	Milk	250 mL
1 cup	Grated cheddar cheese	250 mL
	Salt and pepper	



Method

1. Turn on stove on high heat. Add about 4 cups (1L) of water to a large saucepan and heat until it boils. Add the macaroni. Cook for about 7-10 minutes until soften, stirring often. Drain and set aside.
 2. Meanwhile, melt margarine in a medium saucepan on medium heat. Stir in flour and mustard. Add milk slowly, stirring all the time. Cook and stir until the mixture boils and thickens.
 3. Turn on stove on low heat. Add cheese, stir until cheese is melted and sauce is smooth.
 4. Add drained macaroni. Mix gently. Stir over low heat until mixture is hot. Add salt and pepper to taste.
- Makes 4 servings.

Source: *The Basic Shelf Cookbook, 1995.*

Pudding

Pudding Mix

1 2/3 cup	Cornstarch	400 mL
2 cups	Sugar	500 mL
1 tsp	Salt (optional)	5 mL
8 cups	Skim milk powder	2000 mL

Vanilla Pudding

2 cups	Pudding mix	500 mL
3 cups	Water	750 mL
2 tbsp	Margarine	30 mL
1 tsp	Vanilla	5 mL

Method

1. Combine all ingredients.
2. Mix well enough to take out all the lumps.
3. Store in a tightly covered jar or container.

Method

1. Add water to pudding mix in saucepan over low heat.
2. Stir and cook until thickened (10-15 minutes).
3. Stir in margarine.
4. Cool slightly and add vanilla. Makes 6 servings.



Chocolate Pudding: Make the same as vanilla pudding but add 1/4 cup (50 mL) cocoa and 1/4 cup (50 mL) sugar to pudding mix before adding water.

Fruit Pudding: Make the same as vanilla pudding but add 1 can (284 mL) of chopped and drained canned fruit to cooled pudding.

Source: *Eating Better...A Basic Shelf Cookbook, 1987.*

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