



Paid for in part by OR SNAP

## Get Your Calcium Rich Foods

### Got Your Dairy Today?

Here's a few easy ways to enjoy milk or milk products at every meal or snack!

- **Breakfast:** Add milk to hot or cold cereal or top scrambled eggs with reduced fat or low-fat cheese.
- **Snacks:** Try string cheese or dip veggies in yogurt based dips.
- **Lunch and Dinner:** Use milk instead of water in soups for a creamier flavor.
- **Beverages:** Drink a glass of milk or calcium-fortified soymilk or add milk or yogurt to a smoothie.



Make  
the  
Switch!

### Drink low-fat (1%) or fat-free milk!

In 1 cup of fat-free or 1% milk you get lots of calcium and vitamin D without extra calories.

For adults and kids over 9, drink 3 cups a day.

Stay Connected



## Kids Can...

- \* Pour the milk for meals.
- \* Cut cheese in fun shapes with cookie cutters for a snack.
- \* Make a parfait with fruit, yogurt and crushed cereal or granola.
- \* Pick out colorful veggies for the Ranch Dip recipe on page 2.



### Monthly Food Hero Checklist

- Try yogurt or milk in a smoothie.
- Serve milk with dinner.
- Make the Ranch dip on page 2.
- \_\_\_\_\_



FoodHero.org

**OSU**  
Oregon State  
UNIVERSITY  
Extension Service



# Ranch Dip



## Ingredients

- 1 cup low-fat **cottage cheese**
- 1/2 to 1 cup plain **yogurt**, depending on thickness desired
- 1/2 teaspoon **seasoning salt**
- 1/4 teaspoon **pepper**
- 1/2 teaspoon **onion powder**
- 1/2 teaspoon **garlic powder**
- 2 sprigs of **parsley**, chopped or 1 teaspoon dried parsley flakes



## Directions

- For a **chunky dip**, mix cottage cheese, yogurt and seasonings of your choice in a bowl.  
For a **smoother dip**, mash cottage cheese with a fork before adding yogurt and seasonings.  
For a **smooth dip**, blend all ingredients in a blender or food processor.
- Serve with fresh veggies or as a topping for cooked vegetables.
- Refrigerate leftovers within 2 hours.

**Serving Size:** 2 Tablespoons  
**Prep time:** 5 minutes

## Nutrition Facts

Serving Size 2 Tablespoons (29g)			
Servings Per Container 16			
<b>Amount Per Serving</b>			
<b>Calories</b> 20	<b>Calories from Fat</b> 5		
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 115mg	<b>5%</b>		
<b>Total Carbohydrate</b> 2g	<b>1%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 1g			
<b>Protein</b> 2g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 4%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

For more Recipes and Tips on eating well for less, visit [www.foodhero.org](http://www.foodhero.org)

© 2013 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer.

This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. SNAP puts healthy food within reach - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. 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.