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# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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## Yogurt's hidden benefits: From digestion to heart health

**N**ational Dairy Month is in June each year. This is the month that highlights the value of dairy.

Despite the wholesome paybacks, a lot of us do not eat enough dairy products. Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

- **Gives key nutrients:** Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc.
- **Helps gut health:** Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
- **Builds strong bones:** Yogurt is packed with calcium and



vitamin D, which are vital for making your bones strong.

- **Good for your heart:** Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.

- **Easy to digest:** Yogurt is well tolerated by people with lactose intolerance. This is because the live active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
- **Helps you feel full:** Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
- **Easy to enjoy:** Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies.

Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks.

Source: Adapted from Colorado State University Extension's Yogurt: Health and Probiotic Benefits

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## BASIC BUDGET BITES

### Finding the best buy on food

**F**inding the best deal on food is a skill, and one anyone can learn. You must know what to look for and where to find it. Learn how to find the best deal for your family.

The first step in being a smart shopper starts with the price tag. Each price tag that appears on the front edge of the grocery shelf shows a lot of helpful facts. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart) between two items. Look for the lowest price per unit. You can use the

32 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.05 per oz	\$1.62
 846519725548123	

6 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.12 per oz	\$0.72
 84651978466659	

unit price to compare brands and sizes. Then, you can figure out which one costs less.

Source: NEP/PEM



### SMART TIPS

## Using Greek yogurt in recipes

**Y**ou can use Greek yogurt in both sweet and savory dishes. It is thicker and creamier than regular yogurt. This makes it a good choice in recipes instead of items like sour cream, mayonnaise, heavy cream, cream cheese, and buttermilk. These items are often higher in fat and calories. Check out the Loaded Beef Stroganoff recipe on page 3 using Greek yogurt to replace sour cream.

## COOKING WITH KIDS

### Whole-Grain Strawberry Pancakes

- *Cooking spray*
  - *1 1/2 cups whole-wheat flour*
  - *3 tablespoons sugar*
  - *1 teaspoon baking powder*
  - *1/2 teaspoon baking soda*
  - *1/2 teaspoon salt*
  - *3 eggs*
  - *1 6-ounce container low-fat vanilla yogurt*
  - *3/4 cup water*
  - *3 tablespoons canola oil*
  - *1 3/4 cups strawberries, diced*
  - *1 6-ounce container strawberry low-fat yogurt*
1. Heat griddle to 375 degrees F or heat a 12-inch skillet over medium heat. Spray with cooking spray before heating.
  2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt; set aside.
  3. In a separate medium bowl, beat eggs, vanilla yogurt, water, and oil with a wire whisk until well blended.
  4. Pour egg mixture all at once into flour mixture; stir just until moistened.
  5. For each pancake, pour slightly less than a 1/4 cup of batter from a cup or pitcher onto the hot griddle. Cook pancakes for 1 to 2 minutes or until bubbly on top, puffed, and dry around edges. Turn and cook the other side 1 to 2 minutes or until golden brown.
  6. Mix strawberries and strawberry yogurt together in a small bowl. Top each serving (2 pancakes) with approximately 1/2 a cup of the fruit and yogurt mixture.

**Servings:** 7

**Serving size:** 2 pancakes

**Recipe cost:** \$3.76

**Cost per serving:** \$0.54

Nutrition Facts per serving: 250 calories; 9g total fat; 1.5 saturated fat; 0g trans fat; 80mg cholesterol; 380mg sodium; 36g total carbohydrate; 4g fiber; 13g sugar; 5g added sugar; 8g protein; 6% Daily Value vitamin D; 10% Daily value calcium; 10% Daily Value iron; 6% Daily Value potassium

Source: NEP/PEM

**PARENT CORNER**

# Stealthy healthy tips for parents

Do your children want to push peas around the plate instead of eating them? Then you might have thought about sneaking a few veggies into their foods. While this can help children eat more vegetables, it should not be your only game plan. If you are always hiding vegetables, how will they get to know and enjoy them?

You don't need to hide veggies on a routine basis. But, if you have a picky eater, hiding them a little can be a

helpful way to get more produce into their food. When it comes to getting children to happily eat veggies, the more choices the better. So go ahead and fold mushrooms into meatloaf and shred carrots into spaghetti sauce. Top pizza with onions and peppers, sprinkle tomatoes and avocados on tacos, or fold butternut squash into mac and cheese.

Source: Adapted from <https://www.eatright.org/food/planning/meals-and-snacks/get-fruits-and-veggies-to-the-plate>



**RECIPE**

## Loaded Beef Stroganoff

- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) low-sodium beef broth
- 1 can (14.5 ounces) no-salt-added peas, drained
- 1 can (14.5 ounces) no-salt-added sliced carrots, drained
- 1 1/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
3. Cook egg noodles according

- to package directions while preparing the other steps. Drain.
4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
5. Wash hands after handling raw meat.
6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add the mushrooms. Cook until they are tender (about 5 to 8 minutes).
8. Stir in the flour and cook for 2 minutes.
9. Stir in the beef broth, peas, and carrots. Bring to a simmer and cook for about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and

- black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until it's the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

**Notes:** To reheat leftovers, add a little beef broth or milk before warming.

**Servings:** 10  
**Serving size:** 2 cups  
**Recipe cost:** \$13.87  
**Cost per serving:** \$1.39

Nutrition Facts per serving: 270 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source: NEP/PEM

**FOOD FACTS**

# Counting the teaspoons: Managing added sugars for better health

**A**mericans for the most part get about 15% of their calories from added sugars. This adds up to around 360 calories a day. Added sugars are “empty calories.” This means they are often in foods that give mostly calories.

One way to cut down on the added sugars is to switch from drinks with sugar like soda to water and drinks without sugar sweeteners. You can also try to eat fewer desserts.

Added sugars are sugars not found naturally in foods that have been added during processing. Most added sugars come from soda, desserts, fruit drinks, and candy. Foods that have naturally occurring sugars are milk, fruits, and vegetables.



Try to limit added sugars. Higher added sugar use may be linked to high triglycerides, low HDL cholesterol, and high LDL cholesterol. This can raise the risk of getting heart disease.

The Dietary Guidelines for Americans suggests people aged 2 and older limit added sugars to less than 10% of their total daily calories. If someone eats 2,000 calories a day, that's 200 calories or 50 grams of added sugar. Children younger than 2 should avoid food and drinks with added sugars.

Source: Adapted from <https://nutrition.ucdavis.edu/outreach/nutr-health-info-sheets/consumer-added-sugars>

**LOCAL EVENTS**

**If you are interested in nutrition classes, contact your Extension office.**



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