

# MARCH

## Nutrition Newsletter



### WHY MILK?

There are few foods able to match the overall nutrition benefits that milk provides, which is why it is often referred to as “nature’s perfect food.” From growing children, to athletes, to seniors, milk offers us all a healthy blend of nutrients to enhance our health. Milk can be incorporated into a variety of fun snacks. For example, try blending up a smoothie using fruits you have on hand, ice, and an 8-oz. serving of milk. To further the fun, try freezing the mixture in a paper cup with a popsicle stick for smoothie popsicles. As an occasional treat, mixing ½ cup of instant pudding with reduced-fat milk is a quick and easy way to enjoy a delectable dessert. Dairy may not be an option for your little one, but not to worry! Lactose-free milk is available as an option for those who suffer from lactose intolerance. Unsweetened soymilk is an acceptable alternative to dairy milk as well. These substitutions offer similar levels of vitamin D, calcium, and other nutrients that milk would normally provide. No matter the milk you choose, incorporating 2-3 servings of dairy into your family’s daily nutrition will keep everyone’s bones strong and sustain the health of your loved ones. For more information, visit:

<https://thedairyalliance.com/dairy-nutrition/health-benefits-of-dairy/>

### MILK FRESH FROM FLORIDA

In Florida, there are roughly 125,000 dairy cows collectively producing over 300 million gallons of milk every year. The leading dairy-producing counties in Florida include Lafayette and Okeechobee. Florida’s dairy herds range in size anywhere from 150 to 5,000 cows. These cows are mostly Holstein cows, the traditional-looking black and white cows, and they are milked 2 to 3 times per day. The milk that they provide is rich in calcium, vitamin D, vitamin A, as well as B vitamins. In fact, just one 8-oz. serving of milk provides the necessary daily values for all of those nutrients. Additionally, milk delivers a proper balance of protein, fats, and carbohydrates, making it a staple food amongst people of all ages.

### HAM AND SWISS QUICHE MUFFINS

*Time: 30 min. Yield: 12 muffins*

#### *Ingredients:*

- 8 large eggs
- 1/3 cup 1% milk
- 1 tablespoon melted butter
- 1 cup shredded Swiss cheese
- ½ cup diced ham
- ¼ cup fresh spinach leaves
- ¼ cup diced red pepper
- 1 tablespoon minced green onion
- ¼ teaspoon seasoned salt

#### *Instructions:*

1. Preheat the oven to 350° F and lightly grease a 12-cup muffin tin with cooking spray.
2. Whisk together the eggs, milk, and butter in a large bowl; stir in the cheese and remaining ingredients.
3. Portion the mixture evenly into prepared muffin tin; bake 22 to 25 minutes or until puffed and set.
4. Remove from the oven and cool for 3 min before serving.

Adapted from: <https://thedairyalliance.com/dairy-recipes/ham-and-swiss-quiche-muffins/>