Nutrition News

Making Dairy Diet-Friendly

Saturated fat has always been dairy’s downside. But by varying your shopping list, you can limit the fat and expand on alternatives. Here are some ideas:

**Milk: Skim by degrees.** Go from whole or 2 percent milk to 1 percent, then to non-fat or skim. Many brands now offer non-fat with the taste of whole milk, a boon to kids and coffee lovers. Use evaporated skim milk for creamy soups and sauces.

**Cheese: Divide it up.** In recipes, use part skim ricotta or 1 percent cottage cheese. Mix herbs or jellies into low-fat Neufchatel or cream cheese for tasty spreads. Snack on sticks of part-skim mozzarella string cheese.

**Butter: Pick your pats.** If you like to butter your toast, then use herbed olive oil for dipping at dinner. If you top a potato with a pat of butter, try salsa or herbed vinegars to accent other vegetables. When sautéing, use non-stick cooking spray and chicken or vegetables broth for flavor. **Tip:** Freeze broth in ice cube trays so you have just the amount handy.

**Eggs: No yolk.** Use only the whites of eggs to add protein and texture without the fat. Make scrambled eggs and quiches with non-fat egg alternative, such as Egg Beaters.

Try these tips to get the nutrition without all the fat. Your heart will thank you.

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**Sunrise Smoothie**

1 cup pineapple juice
1 cup vanilla low fat yogurt or frozen yogurt
1 cup frozen strawberries, partially thawed
2 ripe, medium bananas, peeled

Combine pineapple juice, yogurt, strawberries and bananas in blender container. Cover; blend until smooth. Garnish with strawberries and banana slices, if desired. Makes 4, 1cup servings.

**Nutrition Facts:** 1 cup serving equals 151 calories, 1g total fat, (0g saturated fat), 3mg cholesterol, 43mg sodium, 267% potassium, 33g total carbohydrate, 3g fiber, 27g sugar, 4g protein, 0 iron, 4% folate

**Slimmer Summer Salad**

Ounce for ounce, a summer salad can be low in calories yet loaded with nutrition. But if you pile on ingredients such as blue cheese, avocado or creamy dressing that "slim" salad can serve up loads of extra calories and grams of fat.

**Keep salads healthy:**

**Start with dark leafy greens.** Lettuce, spinach and mustard leaves can give you plenty of folic acid, vitamins and lutein, and antioxidants.

**Add protein.** Choose from lean items such as grilled chicken or salmon, hard-boiled eggs, black beans and chickpeas. Avoid fried or crispy foods.

**Pile on fresh veggies.** For less than 25 calories a serving, you can get vitamin C, potassium, folic acid, fiber and a variety of antioxidants.

**Pick a rainbow of colors:** bell peppers, shredded carrots, onions, mushrooms, radishes, broccoli and cauliflower.
Dress Lightly. Stick to low-calories or low-fat dressings, or try mixing one to two tablespoons of juice, extra-virgin olive oil with vinegar and fresh lemon juice.

Choose one special “garnish.” Salads are about enjoyment, not deprivation. So treat yourself to one highly nutritious splurge, such as a small amount of sunflower seeds, Chinese noodles, croutons, raisins or olives.

With a little planning, salads can be a healthy part of your summer fare — bursting with flavor and low-calorie nutrition. Enjoy!

Creamy Coleslaw
½ cut fat free or reduced fat mayonnaise
2 tablespoons milk
1 tablespoon white vinegar
½ teaspoon sugar
1 package (16 oz.) coleslaw

Combine mayonnaise, milk, vinegar and sugar in small bowl. Add coleslaw blend to large bowl. Pour dressing over coleslaw blend. Toss to coat evenly. Cover. Refrigerate at least 1 hour to blend flavors.

Green Apple, Walnuts and Dried Cranberries Salad
2 teaspoons fresh lemon juice
½ cup vanilla or plain low fat yogurt
¼ teaspoon curry powder
½ to 1 teaspoon sugar
2 - ½ tablespoons extra-virgin olive oil
Salt and black pepper
1 package (7 oz.) Baby Romaine Salad Blends
1 green apple halved, cored, and thinly sliced
½ cup walnuts, toasted and coarsely chopped
½ cup dried sweetened cranberries

Mix lemon juice, yogurt, curry powder and sugar in small bowl. Whisk in olive oil, season with salt and pepper. Combine salad blends, apple slices, walnuts and cranberries in large bowl. Add yogurt dressing; gently toss to coat.

Nutrition Facts: 1 serving equals 270 calories, 19g total fat, 2g saturated fat, 2mg cholesterol, 604mg sodium, 170g potassium, 24g total carbohydrate, 4g dietary fiber, 15g dietary fiber, 18g sugars 4g protein, 102% Vitamin A, 11% Vitamin C, 61% calcium, 1% iron.

Note: sliced or shredded chicken is a great addition to this salad.

Nourish Your Skin—Here’s How
Can what you eat affect how your skin looks and feels? Yes! For a healthier complexion:
DO drink at least six eight-ounce glasses of fluids every day to keep your skin hydrated. To add flavor: Try seltzer water with a dash of juice and slice of lemon or lime.
DON’T skip fruits and vegetables. Many contain vitamin A, essential for healthy skin. Shopping tip: The darker the color, the more vitamin A the produce may contain.
DO add fish to the menu. The oils found in fish can help promote healthier skin, especially fatty types such as salmon, trout and mackerel. Bonus: The omega-3 fatty acids found in these varieties are also good for your heart and overall circulation.
DON’T forget other healthy fats. Avocado, olive oil, canola oil and the oils in wheat germ and flaxseeds are believed to help prevent dry skin. Reminder: Fats are high in calories, so go easy.
DO snack on the occasional handful of nuts or seeds. The vitamin E they contain may help keep skin healthy. Also high in E: whole grains and leafy greens.
AND DON’T FORGET to guard your skin against harmful UV rays. Wear sunscreen with minimum sun protection factor (SPF) of 15, tight-weaved clothing and a wide-brimmed hat. Alert: Don’t fry in the sun — you’ll likely trade in today’s tan for tomorrow’s premature wrinkles, age spots or skin cancer.

Summer Cucumbers
5 cups sliced cucumbers
½ cup sliced red onion
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons red wine vinegar

Combine cucumbers, onion, salt, black pepper and vinegar together. Makes 4 servings.

Judy Groce Neel, Extension Area Specialist III
Nutrition Educator: Kitty Earl