



National Dairy Month

Originally established as a grocery/milk promotion in 1937, National Dairy Month now acts as a reminder of the health benefits that dairy products provide.

Dairy contains many essential nutrients:

- ✓ Calcium
- ✓ Vitamin D
- ✓ Potassium
- ✓ Protein



Calcium & Vitamin D:

Calcium & vitamin D are essential nutrients for older adults to maintain bone health. Older adults are encouraged to consume three servings of calcium-rich foods or beverages each day. Consuming dairy products such as cheese, yogurt, and milk is an optimal way to meet recommended calcium and vitamin D requirements.

Protein:

Muscle mass and bone mass are at risk for decline as you age. This can lead to weakness, fractures, and osteoporosis. The consumption of high-quality protein aids in the prevention of muscle breakdown, also known as sarcopenia. Dairy foods such as greek yogurt, cheeses, and milk are excellent sources of high quality protein.

Potassium:

Increased potassium intake, in addition to decreased sodium intake, can help lower your risk for high blood pressure, osteoporosis, kidney disease, and heart disease. While fruits and vegetables are high in potassium, dairy products are also a great source of this mineral. For example, a cup of milk provides 9-10% of your daily value for potassium.

Dairy Recommendation for older adults is 3 cups/servings per day



https://www.usdairy.com/getmedia/8a123ada-a979-4ed9-954a-40e779b9ff0a/NDC_Lifespan_Older-Adults_FINAL_10-08-2021.pdf

Calcium can be found in foods such as **dairy**, soy, fortified fruit juices, and foods made with fortified flour such as cereals and bread.

Calcium RDA (Recommended Dietary Allowances) = 1000mg for adults age 51+ years,
1200mg for adults age 71+ years

- A single cup of nonfat milk has almost 300 mg of calcium
- One cup of cottage cheese has about 138g of calcium
- 8 ounces nonfat plain yogurt = 488 mg calcium (38% DV)
- 1 slice of cheddar cheese = 202mg calcium

Lactose intolerant? The good news is even individuals with lactose intolerance can still benefit from dairy's nutrients. Adding small amounts of dairy foods into meals or choosing foods with minimal or no lactose, like hard cheeses and Greek- or Icelandic-style yogurts, are great strategies. Lactose-free milk is also still real milk, just without the lactose.

Start the day with a new twist on a comforting classic:

Peaches and Cream Oatmeal



Make this peaches and cream overnight oats recipe ahead of time for an easy home breakfast filled with nutritious dairy and whole grains.

1 Serving

Ingredients:

1/4 cup rolled oats, quick cooking

1/2 cup low-fat vanilla yogurt

1 ounce 1% milk

1/2 cup peaches with extra light syrup, diced

*peaches in juice, or fresh peaches can be substituted and add your own syrup or honey

Directions:

1. Combine dry oats, yogurt, and milk together until blended
2. Stir in fruit
3. Place into 10 oz. Container or cup
4. Place lid on container or cup and chill overnight
5. Optional: add spices such as nutmeg, or other flavoring for variety

Nutrition Information:

Per serving

CALORIES

215

TOTAL FAT

2.75g

CHOLESTEROL

9mg

SODIUM

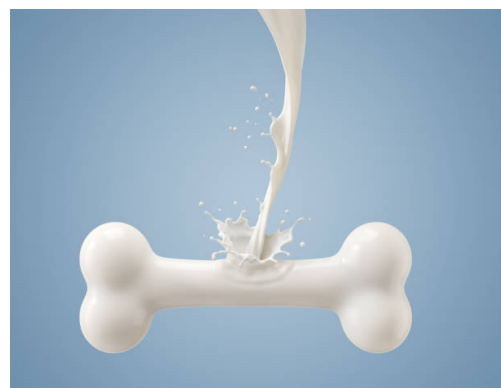
113g

TOTAL CARBOHYDRATE

39g

PROTEIN

9.87g



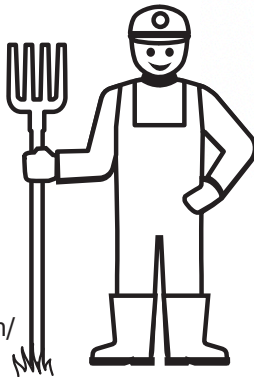
WORD SEARCH

Help the farmer find all the dairy related words!



Butter
Calcium
Calf
Cheese
Cream
Cow

Milk
Moo
Parlor
Protein
Vitamin
Yogurt



thedairyalliance.com/dairy-farming/june-dairy-month/

**Consumer-centered access for
long-term care information,
referrals and assessments.**

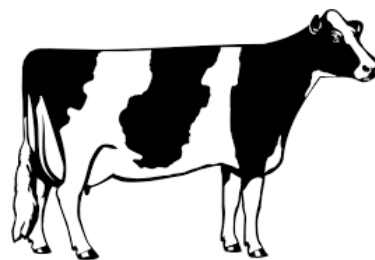
**For information,
call 518-382-8481, #9, ext. 304**



NY Connects
Your Link to Long Term
Services and Supports

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

OFA June 2023



Make Every Bite & Sip Count



Use milk instead of water in oatmeal and soups and top with a dollop of Greek yogurt to enhance creaminess while adding a splash of nutrients and high-quality protein.



It can be hard for older adults to stay hydrated. Luckily, milk naturally contains ~90% water, plus it comes with important nutrients that play a role in hydration like electrolytes potassium and sodium.

Sources

- ¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.
- ² Zelman K. Micronutrients: Choline. *Food & Nutrition*. 2017.
- ³ Drewnowski A. The contribution of milk and milk products to micronutrient density and affordability of the U.S. diet. *J Am Coll Nutr*. 2011;30(5 Suppl 1):422S-8S.
- ⁴ Hess J, Cifelli C, Agarwal S, Fulgoni V III. Comparing the cost of essential nutrients from different food sources in the American diet (OR20-04-19). *Curr Dev Nutr*. 2019;3(1).
- ⁵ IRI Multi Outlet + Conv 2020, YTD ending 10-4-20. Based on U.S. average price of unflavored, branded and private label milk, 1 gal.
- ⁶ U.S. Department of Agriculture. MyPlate. What foods are included in the Dairy Group? 2020.

Do you have questions or concerns about what to eat? If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with a Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://cceschenectady.org/nutrition-for-seniors>