

Best Buys: Milk and Alternatives

Healthy eating starts with shopping for a variety of healthy foods from the four food groups in **Canada's Food Guide**. Shopping is an important skill for everyone to learn. By planning ahead, you can save money and time, and get better food value for your dollar.

Milk and alternatives include milk and powdered milk, fortified soy beverage, yogurt and cheese. Milk and alternatives are important for healthy bones, teeth and blood pressure. They give the body calcium, Vitamin A, B vitamins, Vitamin D, potassium, phosphorus, magnesium, zinc and protein.

Canada's Food Guide recommends:

Drink skim, 1%, or 2% milk each day

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

Select lower fat milk alternatives.

- Compare the Nutrition Facts table on yogurts or cheese.

Milk and Alternatives:

Recommended number of *Food Guide* servings per day

Gender	Age	Recommended Number of <i>Food Guide</i> Servings per Day
Girls and Boys	2–8 years	2
Girls and Boys	9–18 years	3–4
Females and Males	19–50 years	2
Females and Males	51+ years	3



One Food Guide Serving is:

Milk	250 mL (1 cup)
Fortified soy beverage	250 mL (1 cup)
Canned milk (evaporated)	125 mL (½ cup)
Yogurt or kefir	175 g (¾ cup)
Cheese	50 g (1½ oz)

Shopping tips

Milk and cream

- Powdered milk is a great low cost alternative and provides the same nutrients as milk. Mix 75 mL (1/3 cup) of powder for every 250 mL (1 cup) of water. Add dried milk powder in cooking or baking for added nutrients.
- Buy milk in 4 L bags or jugs. It is less expensive than buying cartons.
- Freeze bags of milk for up to six weeks. Thaw the bag in the refrigerator and shake it before opening.
- Use evaporated 2% milk instead of cream in recipes. Creams have the highest fat and lowest nutrient contents. They are also more expensive.

Cheese

- Compare the price of cheese per kilogram for best buys.
- Save 20–30 per cent by buying “no name” or store-wrapped cheese.



- Buy cheese in blocks and slice or grate it yourself.
- Sliced cheese may cost less at the deli counter than in packages.
- Buy blocks of cheese when it is on sale and freeze it if you are not able to use it before the expiry date. Thawed cheese will crumble but will be just as nutritious.
- Processed cheeses are a good source of calcium but they cost more and are high in sodium.
- Cream cheese is not a good source of calcium or protein.



Yogurt

- Buy large containers rather than individual serving size containers to save money.
- “No name” yogurt or store brands are less expensive.
- Buy plain yogurt and add your own fruit toppings.



in the kitchen



Quiche

Cooking time: 30 minutes

Ingredients:

½ cup	onion, chopped	125 mL
½ cup	mushrooms, sliced	125 mL
1 cup	grated cheddar cheese (20% M.F. or less)	250 mL
4	eggs, large	4
½ cup	whole wheat flour	125 mL
1 tbsp	non-hydrogenated margarine*	15 mL
1½ cups	milk (2% M.F. or less)	375 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL

Makes 4 servings

**Choose a non-hydrogenated margarine with two grams or less of saturated and trans fat combined, for the amount of margarine listed in the Nutrition Facts table.*

Nutrition Information

Per serving (237 grams): 290 calories, 14 g fat, 6 g saturated fat, 0 g trans fat, 205 mg cholesterol, 590 mg sodium, 20 g carbohydrate, 3 g fibre, 7 g sugars, 20 g protein, 6% DV vitamin A, 4% DV vitamin C, 40% DV calcium, 8% DV iron.

Directions:

1. Preheat oven to 400°F (204°C).
2. In a lightly greased 10" pie plate, place onions and mushrooms. Sprinkle with the cheese.
3. Mix in a blender or by hand the following ingredients: eggs, whole wheat flour, non-hydrogenated margarine, milk, salt and pepper. Pour over the mushrooms and onions.
4. Bake uncovered for 30 minutes. Let set for 5 minutes before cutting. Serve with a salad.



in the kitchen



Whole Wheat Macaroni and Cheese

Cooking time: 15 minutes

Ingredients:

1 cup	whole wheat macaroni	250 mL
2 tbsp	non-hydrogenated margarine*	30 mL
2 tbsp	all purpose flour	30 mL
¼ tsp	mustard powder	1 mL
1 cup	milk (2% M.F. or less)	250 mL
1 cup	grated cheddar cheese (20% M.F. or less)	250 mL

Makes 4 servings

* Choose a non-hydrogenated margarine with two grams or less of saturated and trans fat combined, for the amount of margarine listed in the Nutrition Facts table.



Directions:

1. Bring 4 cups (1L) of water to boil in a large pot. Add macaroni and cook according to package directions, about 7–10 minutes, stirring often. Drain and set aside.
2. Meanwhile, melt margarine in a medium saucepan on medium heat. Stir in flour and mustard powder. Add milk slowly, stirring all the time. Cook and stir until thickened.
3. Add cheese. Stir until cheese is melted and sauce is smooth.
4. Add drained macaroni. Mix gently. Stir over low heat until mixture is hot.

Nutrition Information

Per serving (125 grams): 260 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 310 mg sodium, 26 g carbohydrate, 2 g fibre, 4 g sugars, 14 g protein, 8% DV vitamin A, 0% DV vitamin C, 35% DV calcium, 6% DV iron.