

# THE DAIRY SECTION BUYER'S GUIDE



Loaded Twice-Baked Potatoes



**P**roviding a balanced mix of carbohydrates and protein and a rich supply of calcium, dairy products—we're talking milk, yogurt and cheeses—certainly do a body good. But with so many choices on grocers' shelves, how do you know which ones to buy? EATINGWELL helps you cut through the confusion with this guide.

**WHOLE, REDUCED-FAT, LOW-FAT OR NONFAT** Consider full-fat dairy products a once-in-a-while treat. Nutrition experts recommend choosing low-fat (1%) or nonfat milk and yogurt as a way to limit intake of the saturated fats that boost risk of heart disease. Don't be fooled: reduced-fat, or 2%, milk is not a low-fat food. One cup has 5 grams fat, 3 of them the saturated kind.

When you're selecting cheeses, however, "reduced-fat," 2% or "part-skim" varieties are good choices. Experiment with different types. Some lower-fat cheeses like part-skim mozzarella, for example, melt better than others. (Reduced-fat Cheddar gets a little rubbery when melted.) When only a full-fat cheese will do, choose one with a sharp, strong flavor and operate on the principle that "a little goes a long way."

**ORGANIC OR NOT** Polls suggest people associate organic dairy products with superior nutrition, better treatment of animals and a healthier planet. But there's limited evidence that organic dairy foods are more nutritious. While preliminary research has suggested that grass-fed

cows produce milk with more vitamin E and omega-3 fats than cows fed grains, organic standards don't require that cows be solely grass-fed.

**LACTOSE-FREE** "Lactose-free" milk is regular cow's milk without lactose, the natural sugar found in milk. It provides all the same healthful nutrients (e.g., protein and calcium), just not the sugar that stokes digestive problems for the up to 50 million Americans who are "lactose intolerant." (People who are lactose intolerant lack the enzyme lactase, which is needed to properly digest lactose.) Research suggests that many people who are lactose intolerant can tolerate yogurt with live active cultures, as the bacterial cultures used to make yogurt produce some lactase.

**RBST-FREE OR NOT** The claim "rbST-free" indicates milk produced without using the artificial growth hormone recombinant bovine somatotropin, or rbST. Giving this hormone to a cow boosts its milk production by about five quarts per day. Some consumers believe that treating cows with the supplemental hormone is inhumane, but the Food and Drug Administration maintains that treating cows with rbST does not harm the animals—or significantly affect the hormone content of milk. In fact, all milks (and products containing milk)—even from cows not treated with rbST—contain hormones. Note: All organic milks are rbST-free, but not all rbST-free milks are organic (i.e., farmers may use pesticides, fertilizers, etc.).

## QUICK IDEAS TO GET MORE DAIRY

Make wise choices when it comes to dairy and you can keep calories and fat in check plus boost your calcium intake. Here are 3 easy ways.

**QUICK AND HEALTHFUL BREAKFAST ON THE GO.** Kick off your morning right with a burst of flavor and valuable antioxidants. Blend 1¼ cups orange juice, 1 banana, 1¼ cups frozen berries, ½ cup low-fat plain yogurt and 1 tablespoon sugar until creamy. This tasty drink will not only bring you out of your a.m. slump but also provides good amounts of vitamin C, fiber and potassium for only 157 calories per 1-cup serving.

**CALCIUM SERVED ICE-COLD.** Milk is a great way to get calcium and vitamin D through diet, but not everyone enjoys the taste. So try this instead: place 2 teaspoons instant coffee, 1 to 2 teaspoons sugar, 2 ice cubes and ¼ cup cold water in a jar with a tight-fitting lid; shake vigorously until frothy, about 30 seconds. Stir in ⅓ cup cold low-fat milk. This iced coffee drink will give you 104 mg calcium.

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**DIP IN!** Here's a snack that kids and adults will enjoy. Combine  $\frac{1}{2}$  cup low-fat cottage cheese and  $\frac{1}{4}$  teaspoon lemon pepper. Serve with  $\frac{1}{2}$  cup each baby carrots and snow (or snap) peas. It'll fuel you through your afternoon, plus provide you with some calcium and vitamins A and C.

## RECIPES

Check the Price Chopper Recipe Cards Rack, or go to [www.pricechopper.com](http://www.pricechopper.com).

**BLUEBERRIES WITH LEMON CREAM**

**CHEESY BROCCOLI-POTATO MASH**

**CREAMED SPINACH**

**GARDEN PASTA SALAD**

**LOADED TWICE-BAKED POTATOES**

**MAPLE-WALNUT TAPIOCA PUDDING**

**NO-BAKE MACARONI & CHEESE**

**PINEAPPLE-RASPBERRY PARFAITS**

**SHRIMP ENCHILADAS VERDE**

**SKILLET CAULIFLOWER GRATIN**

**SKILLET-SEARED TOMATOES WITH MELTED GRUYÈRE**



Creamed Spinach



Maple-Walnut Tapioca Pudding

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