

Subject: Month 6 delicious dairy and the beginning of the next phase!!

Hello and thanks for participating in the Griffin Hospital Produce Prescription Program!

We are sad to say that this is the last of the 6 months of the Produce Prescription Program. We would like to stay in touch with you and follow up 3 months after this program has ended to see how you are doing so please look out for emails and calls from us in XXX.

This is your last newsletter with us, the last food group to cover is Dairy so that will be the focus of this week.

Classes available this month

EFNEP @

Classes with Griffin Population Health

Local Health Department

Want to work 1 on 1 with a health coach? Please ask for a referral and we will set you up!

An Introduction to Dairy

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

What foods are included in the Dairy Group?

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. The Dairy Group **does not include** foods made from milk that have little calcium and a high fat content. Examples of this are cream cheese, sour cream, cream, and butter.

Learn more about this week's focus, Dairy

How much food from the Dairy Group is needed daily?

Your dairy needs depends on your age, sex, height, weight, and physical activity level. The amount can also depend on whether you are pregnant or breastfeeding.

About 90% of Americans do not get enough dairy. Most people would benefit from getting more fat-free or low-fat dairy. This can come from milk, yogurt, or cheese. It can also come from lactose-free milk and fortified soy milk or yogurt.

Find the right amount of dairy for you by getting your [MyPlate Plan](#). For general guidance based on age, see the table below.

What counts as a cup in the Dairy Group?

In general, the following counts as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt, or soy milk
- 1 ½ ounces of natural cheese

Health Benefits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

Calcium and vitamin D are important nutrients at any age. Eating or drinking dairy products that have these nutrients help to:

- Improve bone health, especially in children and adolescents when bone mass is being built.
- Promote bone health and prevent the start of osteoporosis in adults.

For those who choose not to eat or drink dairy products

Fortified soy milk and yogurt with added calcium, vitamin A, and vitamin D are a part of the Dairy Group. This is because their nutrition content is like dairy milk and yogurt.

Other products sold as “milks” but made from plants like almond, rice, coconut, oat, and hemp “milks” may have calcium. But, they are not a part of the Dairy Group because their nutrition content is not like dairy milk and fortified soy milk.

here are calcium choices for those who do not eat or drink dairy products. However, these are not part of the Dairy Group.

The amount of calcium your body can absorb (or take in) from these foods may vary.

- Calcium-fortified juices
- Calcium-fortified plant-based milk alternatives, such as rice milk or almond milk
- Canned fish, such as sardines and salmon with bones
- Tofu made with calcium sulfate
- Tahini, such as sesame butter or paste
- Some leafy greens, such as collard and turnip greens, spinach, kale, and bok choy

For more information, see the [*Dietary Guidelines for Americans, 2020-2025: Food Sources of Calcium*](#).

To find more recipes try this!

Each and every month we have shared with you more resources to help you find new and exciting ways to eat healthy and enjoy that abundance of produce. For us to include recipes in our monthly shares they need to meet certain criteria. They should focus on foods that promote health and wellbeing, like fruits and vegetables and limit ingredients that are less healthful like sodium, saturated fat and sugar.

This month we encourage you to give this recipe search engine a try! It's brought to us by EFNEP. We like this resource because you can print it and have hard copies now that you won't be getting our monthly emails anymore.

Other resources you might like- this week... farmstand shopping!

Seasonal Produce Guide:

<https://snaped.fns.usda.gov/seasonal-produce-guide>

CT Seasonal Produce:

<https://snaped.fns.usda.gov/seasonal-produce-guide>

CT Farm Stand list- with filter for those who accept SNAP/EBT

<https://guide.ctnofa.org/>

Ansonia Farm Stands:

<https://guide.ctnofa.org/g/ansonia-ct>

Seymour Farms:

<https://guide.ctnofa.org/g/seymour-ct>

Naugatuck Farms:

<https://guide.ctnofa.org/g/naugatuck-ct>