

Milk Your Mind



Fueling up with low-fat and fat-free dairy foods can provide some pretty valuable health benefits. For instance, those who keep their bodies fueled up with these delicious foods keep their bones strong. This is good for those of you who don't want to make that old man sound (groan!) whenever you get out of a chair. So, it's cool to drink other beverages once in awhile, but low-fat and fat-free milk and all their powerful nutrients — such as calcium, vitamin D, potassium and protein — will prove to be one of the best food choices you make throughout your life.

Now, see how much you know about dairy. True or False:

1. ____ Farmers can milk over 100 cows per hour.
2. ____ Proteins are people who are “for the advancement of teenagers.”
3. ____ Your muscles love riboflavin. It helps convert food into energy.
4. ____ When fortified, a glass of milk provides an excellent amount of Vitamin D.
5. ____ Milk is homogenized [huh-moj-uh-nahyz] to destroy certain microorganisms without radically altering the quality or taste.
6. ____ Asking for “more cheese, please!” has been known to help keep your teeth healthy.
7. ____ Your hair and skin really love Vitamin B-12.



Fuel Up Tip of the Day

The National Dairy Council® (NDC) says to go low-fat or fat-free when choosing milk, yogurt and other dairy foods. Considering you're going to be fueling up with a lot of this stuff, it's better for your body to keep things healthy. Thanks NDC!

- Answers:**
1. True. Try doing that many math problems in an hour.
 2. False. Protein is an important nutrient found in milk.
 3. True. Plus, riboflavin is so fun to say.
 4. True. FYI: fortified means, “to strengthen,” so that works out nicely.
 5. False. Another long word, pasteurization, is the process mentioned above. Homogenization is actually a process to keep a layer of cream from forming at the top of the milk. Smooth and tasty!
 6. True. Cheese or the Dentist? Hmmm, gladly choose low-fat or fat-free cheese.
 7. True. Yep, this dairy do-gooder helps keep your skin and hair healthy.