



## Get Milk! Easy ways to add calcium-rich nutrients into children's diets

The American Academy of Pediatrics (AAP) recommends young children get at least three servings of milk, flavored milk, cheese, or yogurt a day. The AAP states that eating calcium-rich foods such as milk, cheese, and yogurt during childhood and adolescence will help build strong bones, which may reduce the risk of fractures and osteoporosis later in life. Get milk today!

## Get Milk! Easy tips to include calcium-rich nutrients from the National Dairy Council and 3-A-Day of Dairy:

- Instead of mixing your hot cereal with water, use milk
- Top pancakes with yogurt and fruit instead of syrup
- For easy "on the go yum," try adding yogurt with cereal instead of milk; fewer spills!
- Fill ice cube trays with chocolate or strawberry milk and serve in glasses of milk for a cold surprise
- Top your popcorn with finely shredded cheese
- Dip your fruit in yogurt
- Mix plain yogurt with taco seasoning or ranch dressing mix for a yummy vegetable dip
- Dip pretzels and vegetables in 1 cup plain yogurt mixed with mustard
- Serve warm milk sprinkled with cinnamon
- Roll pretzel rods in 1-2 slices of low-fat cheese

**Tip:** Use a meal planner as a guide for meal planning, grocery shopping, and to track your calcium-rich nutrients. Get a meal planner and dairy food tips at <http://www.3aday.org/SiteCollectionDocuments/PDFs/DMIBoneup.pdf>

# Get Milk! Try calcium-rich recipes.

## Mac and Cheese Casserole Cups

### Ingredients:

3 cups skim milk  
2 ½ tbsp all-purpose flour  
6 ounces (1 ½ cups) reduced-fat, mild shredded cheddar cheese  
¾ cup light shredded mozzarella cheese  
½ cup grated Parmesan cheese  
8 ounces elbow macaroni, cooked and drained  
paper muffin cups/liners

### Directions:

Preheat oven to 350°F. In medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add the remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens. Add 1 cup of the cheddar, mozzarella, and Parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved ½ cup shredded cheddar. Bake 15 minutes or until golden brown. Let cool for 5 minutes before serving.

## Balsamic Yogurt Grilled Vegetables

### Ingredients:

½ cup balsamic vinegar  
1 ¼ cups plain fat-free yogurt (low-fat yogurt also can be used)  
2 tablespoons olive oil  
2 cloves garlic, minced  
2 tablespoons chopped parsley  
3 zucchini, sliced in ½ inch rounds  
2 baby eggplants, sliced in ½ inch rounds  
1 sweet onion, sliced in ½ inch rounds  
½ cup diced roasted red peppers

### Directions:

Pour balsamic vinegar in a small saucepan. Simmer to reduce to 3 tablespoons, cool vinegar. Add cooled vinegar to yogurt with oil, garlic, and parsley. Divide mixture in half. Place prepared zucchini, eggplant, and onion on a sheet pan and brush with ½ of the yogurt mixture. On a lightly oiled preheated grill, cook vegetables until golden and brown (3-4 minutes). Place cooked vegetables on a platter and sprinkle with red peppers. Drizzle remaining dressing over vegetables and serve.

## Resources:

3-A-Day Dairy, Report from the American Academy of Pediatrics Recommends Dairy for Children's Bone Health, <http://www.3aday.org/SiteCollectionDocuments/PDFs/1%20Report%20From%20AAP%20Reco%20for%20Bone%20Health%20UPDATED.pdf>

National Dairy Council, <http://www.nationaldairycouncil.org/NationalDairyCouncil/>

3-A-Day of Dairy, <http://www.3aday.org/About-3-A-Day/Pages/About-3-A-Day.aspx>

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College of Agricultural Sciences  
Cooperative Extension

Dr. James E. Van Horn, CFLE, Better Kid Care Program Director

Developed by Christine Belinda, Penn State Better Kid Care Program  
253 Easterly Parkway, State College, PA 16801 • Phone: 1-800-452-9108 • Website: [betterkidcare.psu.edu](http://betterkidcare.psu.edu)

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