



# What Foods are Included in This Group?

Milk (Cow's, Soy, Almond, Coconut, Rice)  
Cheese  
Yogurt

## How Much Dairy Do I Need?

Older adults need about 3 cups of low fat or fat-free milk a day!



1. Switch to low-fat milk (1% or skim) instead of whole milk. All the same vitamins and minerals, only lower in fat.
2. Try adding low fat or fat-free milk to oatmeal and hot cereals instead of water. Dairy in the diet helps maintain good bone support.
3. Have fun, make fruit-yogurt smoothies as a snack. Provides potassium in the diet which helps maintain healthy blood pressure.

# EXERCISE ACTIVITY

## Chair Stand



This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. **If you have knee or back problems, talk with your doctor before trying this exercise.**

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

### TIP

People with back problems should start the exercise from the sitting upright position.

# RECIPE FOR THE MONTH

## CLASSIC MACARONI AND CHEESE

MAKES ABOUT 6 SERVINGS

### Ingredients

- ½ cup evaporated milk
- 2 cups uncooked macaroni (such as elbows, spirals, or shells)
- ½ cup onion, chopped
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1 ¼ cups (4 ounces) low-fat cheddar cheese, shredded
- Nonstick cooking spray

### Directions

1. Preheat oven to 350 degrees F. Coat an 8x8-inch casserole dish with nonstick cooking spray.
2. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
3. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and cook for about 3 minutes.
4. In another bowl, combine macaroni, onions, egg, cheese, milk, and pepper and mix thoroughly.
5. Pour mixture into casserole dish.
6. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Information for 1 (½ serving cup) of Classic Macaroni and Cheese					
Calories	220	Cholesterol	40 mg	Sugar	4 g
Calories from Fat	40	Sodium	180 mg	Protein	13 g
Total Fat	4.5 g	Total Carbohydrate	30 g	Vitamin A	38 RAE
Saturated Fat	2.5 g	Dietary Fiber	1 g	Vitamin C	1 mg
				Calcium	170 mg
				Iron	1 mg

Recipe adapted from SNAP-ED Connection Recipe Finder