

Three Servings of Milk Deliver A Unique Nutrient Package

The Dietary Guidelines for Americans recommends three servings of dairy products each day.*



Milk's essential nutrients can be difficult to replace in a healthy dietary pattern. Three 8-ounce cups provide as much of each nutrient as:

PROTEIN

50% DV



4 large (50 g) hardboiled eggs

CALCIUM

70% DV



approx. 17 cups of raw kale

PHOSPHORUS

60% DV



approx. 3 cups of cooked red kidney beans

VITAMIN B₁₂

140% DV



approx. 1 lb of pork chops

RIBOFLAVIN (B₂)

100% DV



0.8 cups of whole almonds

PANTOTHENIC ACID (B₅)

50% DV



approx. 5 cups of chopped broccoli

VITAMIN A

45% DV



approx. 3 cups of sliced red peppers

VITAMIN D

45% DV



6.5 oz of sardines (approx. 15 sardines)

NIACIN (B₃)

35% DV



approx. six large white mushrooms

*The 2015-2020 Dietary Guidelines for Americans recommends three servings of low-fat or fat-free dairy foods (milk, cheese, yogurt) for Americans 9 years and older.

Source: U.S. Department of Agriculture Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference Legacy Release, April 2018. Calculations based on low-fat milk (USDA database #01082). Some milk may be a good source of selenium and/or zinc. Other foods used: large egg (50 g), whole, cooked, hardboiled (#01129); kale, raw (#11233); beans, kidney, California red, mature seeds, cooked, boiled without salt (#16031); pork, fresh, loin, sirloin (chops), bone-in, separable, lean only, cooked, broiled (#10058); nuts, almonds, whole (#12061); peppers, sweet, red, raw, sliced (#11821); broccoli, raw, chopped (#11090); fish, sardine, Atlantic, canned in oil, drained solids with bone (#15088); mushrooms, large, white, raw (#11260).

©2018 National Dairy Council®

DAIRY FOOD <i>cow's milk based</i>	SERVING SIZE	LACTOSE GRAMS (g)	HELPFUL HINTS
Cow's Milk	8 oz.	12 g	Try small amounts of milk on cereal, in smoothies or with meals. Having milk with solid foods helps slow digestion which can mean better tolerance.
Lactose-Free Cow's Milk	8 oz.	0 g	Lactose-free cow's milk is another option – it is real milk, just without the lactose.
Yogurt (Low-fat, Plain)	6 - 8 oz.	12 - 16 g	While yogurt does have lactose, it is unique because its live and active cultures help digest the lactose, which can make it easier to tolerate.
Greek Yogurt (Low-fat, Plain)	6 - 8 oz.	6 - 8 g	There is less lactose in Greek yogurt because the straining process (provides the thick texture) removes some of the lactose. There also is the added benefit of live and active cultures to help digest the lactose.
Lactose-Free Yogurt/Greek Yogurt	8 oz. (1 cup)	0 g	There also are lactose-free cow's milk yogurt options – they are real yogurt, just without the lactose.
Natural Cheese such as Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, Parmesan (Hard or Grated)	1.5 oz.	< 1 g	Due to the steps in cheese making and natural aging, natural cheeses contain minimal amounts of lactose.
American Cheese	2 oz.	1.25 g	American cheese, which is made from natural cheese, does not contain much lactose.
Cottage Cheese	1/2 cup*	3 g	Smaller amounts of cottage cheese do not contain much lactose. <i>*Note : If seeking an equivalent to a serving of milk this would be 2 cups of cottage cheese, which would increase lactose to 12 grams.</i>
Ricotta Cheese	1/2 cup	< 1 - 6 g	Ricotta cheese -- a soft, natural cheese -- also can contain minimal amounts of lactose.
Ice Cream	1/2 cup	14 g	There are lactose-free cow's milk ice creams available; they are real ice cream, without the lactose.
Butter	1 tsp.	< 0.1 g	Butter contains minimal lactose.
Cream (Liquid) as well as Cream Cheese (Whipped or Block)	1 tbsp.	< 1 g	Cream for coffee (or baking/cooking) and cream cheese both contain minimal amounts of lactose. (Note: Serving size can add up.)
<p> Lactose Free Dairy Products </p>			



Vegetarian Calcium Food Sources

Overview and Recommendations

1. **Calcium for health.** In addition to its important role in bone health, calcium is required for vascular, muscle, and nerve function.
2. **Calcium intakes for vegetarians.** Evidence indicates that the calcium intake of vegetarians, who often rely on dairy products as a main food source, is similar or even higher than non-vegetarians. Thus, calcium intake may not be an issue.
3. **Calcium intakes for vegans.** Calcium intakes of vegans, who avoid dairy products, tends to be lower and possibly below recommended intakes. Some studies indicate that vegans may have a higher risk of bone fracture, although more research needs to occur in this area.
4. **Meeting calcium needs for vegans.** Vegans can replace dairy servings with other calcium-rich foods and beverages, such as calcium-fortified plant milks, fortified juices, tofu made with calcium sulfate, and calcium-rich vegetables. However, it's important to note that spinach and Swiss chard may be poor sources of calcium intake due to poor absorption caused by high oxalate content. Cruciferous vegetables, such as broccoli and kale, are sources of calcium that are highly absorbable.
5. **When to take a calcium supplement.** Calcium supplements may be an option for people who have a hard time meeting their calcium needs. Aim for supplementation at levels needed only to fill the nutrient gap, as some evidence links over-supplementation with health concerns. Discuss all supplements with your health care provider.

Tips to Meet Your Needs

1. **Aim for two to three daily servings of calcium-rich foods, such as plant-based fortified milk, tofu, and orange juice (check the nutrition label for calcium); and green leafy vegetables, almonds and broccoli.** If you're vegetarian, dairy products such as cottage cheese, yogurt, cheese, and milk are calcium-rich options.
2. **Consider taking a calcium supplement, if you're not able to meet these daily servings.** Take a supplement at levels that fills your daily gap. For example, if you only consume one serving of calcium-rich foods per day, you may want to take a calcium supplement that meets 50% of the RDA.

Calcium RDA	
Life Stage Group	Calcium (mg/d)
Infants: 0 to 6 months 6 to 12 months	200 260
Children: 1 to 3 years 4 to 8 years	700 1,000
Males: 9 to 18 years 19 to 70 years >71 years	1,300 1,000 1,200
Females: 9 to 18 years 19 to 50 years >71 years	1,300 1,000 1,200
Pregnancy: 14 to 18 years 19 to 50 years	1,300 1,000
Lactation: 14 to 18 years 19 to 50 years	1,300 1,000

Courtesy of Sharon Palmer, RD, The Plant-Powered Dietitian™

Vegan Calcium Food Sources

Food	Serving	Calcium (mg)
Ready-to-eat cereal, fortified with calcium	$\frac{3}{4}$ - 1 cup	100 - 1000*
Almond milk, fortified with calcium	1 cup	450*
Soy yogurt, fortified with calcium	1 cup	450*
Soy milk, original, fortified with calcium	1 cup	300 - 500*
Tofu, regular, processed with calcium	$\frac{1}{2}$ cup	434*
Orange juice, fortified with calcium	1 cup	349*
Black strap molasses	2 tablespoons	230
Almond yogurt, fortified with calcium	170 grams	200*
Tempeh	1 cup	184
Tahini	2 tablespoons	128
Almond butter	2 tablespoons	111
Turnip greens, raw	1 cup	104
Kale, raw	1 cup	100
Edamame, frozen, prepared	1 cup	98
Almonds	$\frac{1}{4}$ cup	94
Figs	5 medium	88
Garbanzo beans, cooked	1 cup	80
Pinto beans, cooked	1 cup	79
Bok choy, raw	1 cup	74
Mustard greens, raw	1 cup	64
Black beans, cooked	1 cup	46
Broccoli, raw	1 cup	43
Corn tortillas	2 each	39

Vegetarian Calcium Food Sources

Food	Serving	Calcium (mg)
Milk, non-fat	1 cup	305
Yogurt, non-fat	6 ounces	258
Cheese, Swiss	1 ounce	224
Cottage cheese, low-fat	$\frac{3}{4}$ cup	103
Ice cream, vanilla	$\frac{1}{2}$ cup	84
Chocolate pudding, refrigerated	4 ounces	55
Cream cheese	2 tablespoons	28

*May vary depending on product

All nutritional information from USDA National Nutrient Database for Standard Reference or food manufacturer labeling.

Courtesy of Sharon Palmer, RD, The Plant-Powered Dietitian™

Prebiotics

What are prebiotics?

Substrates that are selectively utilized by host microorganisms conferring a health benefit. Simply put, they are food for beneficial microbes that live on or in us



Prebiotic facts

- Prebiotics provide health benefits by specifically altering either the composition or function of the gut microbiota.*
- Prebiotics can be found naturally in foods, and are added to some dietary supplements and foods, including foods for infants.
- Most prebiotics are dietary fibers, but not all dietary fibers are prebiotics.
- As with dietary fibers, some gas or bloating can result from too much prebiotic. Start with small amounts and allow your gut to adapt.

* The human digestive tract contains 100 trillion bacterial cells. These bacteria, termed our intestinal microbiota, are important to our health.



What do you look for on the label?

The word 'prebiotic' is seldom used on the label. Look for:

- Galactooligosaccharides (GOS)
- Fructooligosaccharides (FOS)
- Oligofructose (OF)
- Chicory fiber
- Inulin



International Scientific
Association for Probiotics
and Prebiotics

Prebiotics for your health

Prebiotics have the potential to:

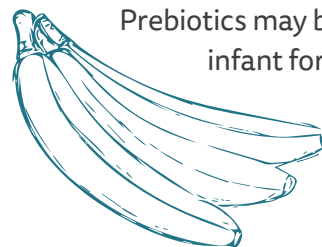
- Improve digestive function (bowel regularity)
- Support the body's natural defenses
- Improve mineral absorption
- Help regulate your desire to eat, energy balance, and glucose metabolism

Prebiotics in food

Some prebiotics (oligofructose and inulin) can be found in onions, garlic, bananas, chicory root, Jerusalem artichokes, but typically are present at low levels. To increase your daily intake, include prebiotic supplements or foods with added prebiotics as part of your diet.



Prebiotics may be added to yogurts, infant formula, cereals, breads, biscuits/cookies, desserts or drinks. Try to get at least 5 grams of prebiotics in your diet every day. Eating whole grains, fruits and vegetables, and other fiber-rich foods can help.

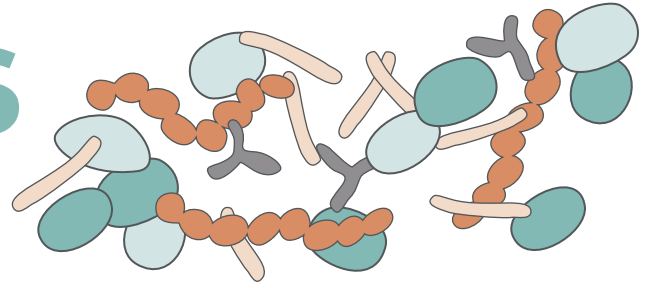


Prebiotics in mother's milk

Human milk provides a rich source of prebiotics to the nursing baby. They support infant's health by encouraging beneficial gut microbes.

For more information visit ISAPPscience.org/prebiotics or follow us on Twitter [@ISAPPscience](https://twitter.com/ISAPPscience)

Probiotics



What are probiotics?

Scientists define probiotics as live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. They can help support the bacteria that live with us, especially when our bacteria are challenged, for example by antibiotics, poor diet or traveling. Probiotics are present in numerous foods and dietary supplements.

What can probiotics do for you?

Probiotics can support health in different ways

- Help your immune system function properly
- Aid digestion by breaking down some of the food we can't digest
- Keep harmful microorganisms in check
- Produce vitamins and aid in nutrient absorption

Some probiotics may:

- Help reduce antibiotic-associated diarrhea
- Help manage digestive discomforts
- Help reduce colic symptoms and eczema in infants
- Help with the digestion of lactose
- Treat infectious diarrhea
- Decrease risk or duration of common infections, including respiratory tract, gut and vaginal tract



INTERNATIONAL
SCIENTIFIC ASSOCIATION
FOR
PROBIOTICS AND PREBIOTICS

For more information visit ISAPPscience.org
Follow ISAPP on Twitter [@ISAPPscience](https://twitter.com/ISAPPscience)

Choosing a probiotic

Know your probiotic. Probiotics are known by their genus, species and strain (for example, *Lactobacillus acidophilus* ABC). Products should display each strain's designation.

Match the strain to the benefit you want.

Not all strains are the same. See usprobioticguide.com or probioticchart.ca.

Amounts matter. Be sure the product contains at least the level of probiotics that was used in the study. Higher counts are not necessarily better. Levels of live probiotics should be provided through the 'best by' date (not time of manufacture).

Supplements or foods? More important than supplement vs food is getting an effective probiotic strain at an effective dose. Some yogurts, fermented milks and some other foods may contain probiotics. Look for added probiotics listed on the label and for a food that fits within your healthy diet.

Other fermented foods? Traditional yogurts contain live bacteria that can help digestion of lactose, but not all fermented foods contain live cultures that meet the definition of probiotic. See ISAPPscience.org/fermented-foods

Safety. Probiotics are safe for most people, but talk to your doctor if you suffer from an immune disorder, have a serious underlying illness, have short gut, or before giving to a young infant.



The **GREEK YOGURT** Swap

Nothing beats the taste and versatility of dairy products. When used in your favorite recipes, they provide a winning combination of nutrition and flavor. And Greek yogurt, the latest “darling of the dairy case,” is no different. Using Greek yogurt in place of other ingredients in recipes can add a powerful punch of protein, along with a pop of tangy flavor. If you’re looking to cut fat and calories in recipes, consider going Greek!



Check out the conversion chart and see what making the Greek yogurt swap can do.

ORIGINAL INGREDIENT		SUBSTITUTION		NUTRITION*
1 CUP OIL	➔	3/4 CUP GREEK YOGURT	➔ Saves	1780 Calories 218 g Fat +23 g Protein
1 CUP MAYO	➔	1 CUP GREEK YOGURT	➔ Saves	1360 Calories 165 g Fat +21 g Protein
1 CUP CREAM CHEESE	➔	1 CUP GREEK YOGURT	➔ Saves	660 Calories 80 g Fat +9 g Protein
1 CUP CRÈME FRAÎCHE	➔	1 CUP GREEK YOGURT	➔ Saves	745 Calories 88 g Fat +19 g Protein
1 CUP SOUR CREAM	➔	1 CUP GREEK YOGURT	➔ Saves	310 Calories 45 g Fat +18 g Protein
1 CUP BUTTER	➔	1/4 CUP GREEK YOGURT 1/2 CUP BUTTER	➔ Saves	785 Calories 92 g Fat +5 g Protein

*Nutrition information is based on substitution with non-fat Greek yogurt. Check package label for product-specific nutrient content, as this may vary.

For more information on the role and necessity of dairy foods in a healthful diet, visit us at www.stldairycouncil.org

Dry Ranch Dressing Powder/Dip Mix

Number of Servings: 12-13 Preparation/Cook Time: 10 minutes

Ingredients:

- ½ cup dry buttermilk powder (in the baking aisle)
- 2 tablespoons dried parsley
- 1 ½ teaspoons dried dill
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried onion flakes
- ½ teaspoon dried basil
- ½ teaspoon black pepper
- **For making dip:** light sour cream or 2% plain Greek yogurt



Dry Ranch Dressing Powder/Dip Mix

Number of Servings: 12-13 Preparation/Cook Time: 10 minutes

Ingredients:

- ½ cup dry buttermilk powder (in the baking aisle)
- 2 tablespoons dried parsley
- 1 ½ teaspoons dried dill
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried onion flakes
- ½ teaspoon dried basil
- ½ teaspoon black pepper
- **For making dip:** light sour cream or 2% plain Greek yogurt



Dry Ranch Dressing Powder/Dip Mix

Number of Servings: 12-13 Preparation/Cook Time: 10 minutes

Ingredients:

- ½ cup dry buttermilk powder (in the baking aisle)
- 2 tablespoons dried parsley
- 1 ½ teaspoons dried dill
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried onion flakes
- ½ teaspoon dried basil
- ½ teaspoon black pepper
- **For making dip:** light sour cream or 2% plain Greek yogurt



Dry Ranch Dressing Powder/Dip Mix

Number of Servings: 12-13 Preparation/Cook Time: 10 minutes

Ingredients:

- ½ cup dry buttermilk powder (in the baking aisle)
- 2 tablespoons dried parsley
- 1 ½ teaspoons dried dill
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried onion flakes
- ½ teaspoon dried basil
- ½ teaspoon black pepper
- **For making dip:** light sour cream or 2% plain Greek yogurt



Dry Ranch Dressing Powder/Dip Mix

Instructions/Use:

1. In a medium sized bowl, mix together all dry ingredients.
2. Pour into a glass mason style jar with a lid and shake until well blended. **Jar of ranch mix should be stored in the refrigerator when not using (to keep buttermilk fresh).**
3. ***To make dip*** – combine ½ cup light sour cream or plain Greek yogurt with 1 tablespoon of the dry mix. Enjoy with veggies.
4. ***To make dressing*** – add a small amount of water or vinegar to the dip (see #3) & stir until desired consistency is achieved.
5. ***Other ideas*** – add 1 tablespoon dry mix to 1lb of ground meat for ranch burgers; toss with vegetables and olive oil for zesty roasted veggies; spread prepared ranch dip on baked pizza crust topped with veggies for a cold veggie pizza appetizer.

Nutrition Facts (per serving):

Calories: 23 **Protein:** 1.7gm **Total Carbohydrate:** 3.3gm
Fiber: 0gm **Total Fat:** 0.3gm **Cholesterol:** 3mg **Sodium:** 26mg

Dry Ranch Dressing Powder/Dip Mix

Instructions/Use:

1. In a medium sized bowl, mix together all dry ingredients.
2. Pour into a glass mason style jar with a lid and shake until well blended. **Jar of ranch mix should be stored in the refrigerator when not using (to keep buttermilk fresh).**
3. ***To make dip*** – combine ½ cup light sour cream or plain Greek yogurt with 1 tablespoon of the dry mix. Enjoy with veggies.
4. ***To make dressing*** – add a small amount of water or vinegar to the dip (see #3) & stir until desired consistency is achieved.
5. ***Other ideas*** – add 1 tablespoon dry mix to 1lb of ground meat for ranch burgers; toss with vegetables and olive oil for zesty roasted veggies; spread prepared ranch dip on baked pizza crust topped with veggies for a cold veggie pizza appetizer.

Nutrition Facts (per serving):

Calories: 23 **Protein:** 1.7gm **Total Carbohydrate:** 3.3gm
Fiber: 0gm **Total Fat:** 0.3gm **Cholesterol:** 3mg **Sodium:** 26mg

Dry Ranch Dressing Powder/Dip Mix

Instructions/Use:

1. In a medium sized bowl, mix together all dry ingredients.
2. Pour into a glass mason style jar with a lid and shake until well blended. **Jar of ranch mix should be stored in the refrigerator when not using (to keep buttermilk fresh).**
3. ***To make dip*** – combine ½ cup light sour cream or plain Greek yogurt with 1 tablespoon of the dry mix. Enjoy with veggies.
4. ***To make dressing*** – add a small amount of water or vinegar to the dip (see #3) & stir until desired consistency is achieved.
5. ***Other ideas*** – add 1 tablespoon dry mix to 1lb of ground meat for ranch burgers; toss with vegetables and olive oil for zesty roasted veggies; spread prepared ranch dip on baked pizza crust topped with veggies for a cold veggie pizza appetizer.

Nutrition Facts (per serving):

Calories: 23 **Protein:** 1.7gm **Total Carbohydrate:** 3.3gm
Fiber: 0gm **Total Fat:** 0.3gm **Cholesterol:** 3mg **Sodium:** 26mg

Dry Ranch Dressing Powder/Dip Mix

Instructions/Use:

1. In a medium sized bowl, mix together all dry ingredients.
2. Pour into a glass mason style jar with a lid and shake until well blended. **Jar of ranch mix should be stored in the refrigerator when not using (to keep buttermilk fresh).**
3. ***To make dip*** – combine ½ cup light sour cream or plain Greek yogurt with 1 tablespoon of the dry mix. Enjoy with veggies.
4. ***To make dressing*** – add a small amount of water or vinegar to the dip (see #3) & stir until desired consistency is achieved.
5. ***Other ideas*** – add 1 tablespoon dry mix to 1lb of ground meat for ranch burgers; toss with vegetables and olive oil for zesty roasted veggies; spread prepared ranch dip on baked pizza crust topped with veggies for a cold veggie pizza appetizer.

Nutrition Facts (per serving):

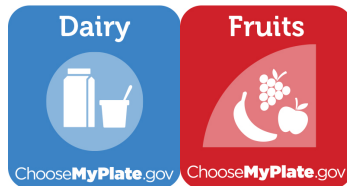
Calories: 23 **Protein:** 1.7gm **Total Carbohydrate:** 3.3gm
Fiber: 0gm **Total Fat:** 0.3gm **Cholesterol:** 3mg **Sodium:** 26mg

Watermelon & Feta Salad

Number of Servings: 6 Preparation/Cook Time: 15 minutes

Ingredients:

- ¼ cup extra-virgin olive oil
- Juice of half a lemon
- Freshly ground black pepper
- 6 cups watermelon, cut into 1-inch cubes
- ¼ cup pitted & sliced Kalamata olives
- 4 ounces feta cheese, cut into cubes (or crumbled)
- 2 tablespoons chopped fresh mint, finely chopped

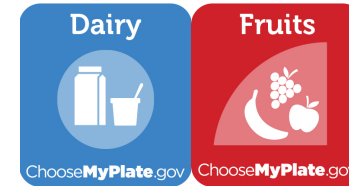


Watermelon & Feta Salad

Number of Servings: 6 Preparation/Cook Time: 15 minutes

Ingredients:

- ¼ cup extra-virgin olive oil
- Juice of half a lemon
- Freshly ground black pepper
- 6 cups watermelon, cut into 1-inch cubes
- ¼ cup pitted & sliced Kalamata olives
- 4 ounces feta cheese, cut into cubes (or crumbled)
- 2 tablespoons chopped fresh mint, finely chopped

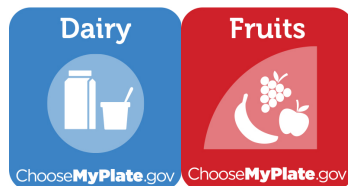


Watermelon & Feta Salad

Number of Servings: 6 Preparation/Cook Time: 15 minutes

Ingredients:

- ¼ cup extra-virgin olive oil
- Juice of half a lemon
- Freshly ground black pepper
- 6 cups watermelon, cut into 1-inch cubes
- ¼ cup pitted & sliced Kalamata olives
- 4 ounces feta cheese, cut into cubes (or crumbled)
- 2 tablespoons chopped fresh mint, finely chopped

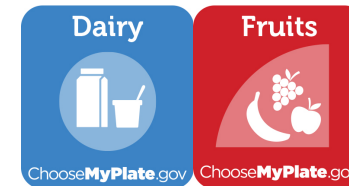


Watermelon & Feta Salad

Number of Servings: 6 Preparation/Cook Time: 15 minutes

Ingredients:

- ¼ cup extra-virgin olive oil
- Juice of half a lemon
- Freshly ground black pepper
- 6 cups watermelon, cut into 1-inch cubes
- ¼ cup pitted & sliced Kalamata olives
- 4 ounces feta cheese, cut into cubes (or crumbled)
- 2 tablespoons chopped fresh mint, finely chopped



Watermelon & Feta Salad

Instructions:

1. In a medium sized bowl combine the olive oil, lemon juice and pepper and whisk to mix well.
2. In a large bowl combine the watermelon, olives, and feta cheese.
3. Pour the dressing over the watermelon mixture and toss until evenly coated.
4. Fold in mint or garnish on top and serve cold.

Nutrition Facts (per serving):

Calories: 204 **Protein:** 4gm **Total Carbohydrate:** 13gm
Fiber: 0.7gm **Total Fat:** 16gm **Cholesterol:** 17mg **Sodium:** 373mg

Watermelon & Feta Salad

Instructions:

1. In a medium sized bowl combine the olive oil, lemon juice and pepper and whisk to mix well.
2. In a large bowl combine the watermelon, olives, and feta cheese.
3. Pour the dressing over the watermelon mixture and toss until evenly coated.
4. Fold in mint or garnish on top and serve cold.

Nutrition Facts (per serving):

Calories: 204 **Protein:** 4gm **Total Carbohydrate:** 13gm
Fiber: 0.7gm **Total Fat:** 16gm **Cholesterol:** 17mg **Sodium:** 373mg

Watermelon & Feta Salad

Instructions:

1. In a medium sized bowl combine the olive oil, lemon juice and pepper and whisk to mix well.
2. In a large bowl combine the watermelon, olives, and feta cheese.
3. Pour the dressing over the watermelon mixture and toss until evenly coated.
4. Fold in mint or garnish on top and serve cold.

Nutrition Facts (per serving):

Calories: 204 **Protein:** 4gm **Total Carbohydrate:** 13gm
Fiber: 0.7gm **Total Fat:** 16gm **Cholesterol:** 17mg **Sodium:** 373mg

Watermelon & Feta Salad

Instructions:

1. In a medium sized bowl combine the olive oil, lemon juice and pepper and whisk to mix well.
2. In a large bowl combine the watermelon, olives, and feta cheese.
3. Pour the dressing over the watermelon mixture and toss until evenly coated.
4. Fold in mint or garnish on top and serve cold.

Nutrition Facts (per serving):

Calories: 204 **Protein:** 4gm **Total Carbohydrate:** 13gm
Fiber: 0.7gm **Total Fat:** 16gm **Cholesterol:** 17mg **Sodium:** 373mg



**JUNE IS
NATIONAL DAIRY
MONTH**

Undeniably Dairy Trivia

Whether you're hosting an event, having game night with friends, or looking for fun facts to share, here are some Undeniably Dairy trivia questions and answers. Find more questions at DairyGood.org.

1. Some cows wear pedometers, which can track:

- a) How many steps a cow takes
- b) The cow's overall health
- c) How much milk the cow gives
- d) All of the above**

***All of the above!** New technology isn't just for delivering that delicious pizza to your front door. It also helps dairy farmers track the health of their cows, keeps tabs on the cows' activity levels around the farm and monitors if a cow isn't feeling itself or needs extra attention.*

2. Who used chemistry to help perfect soft-serve ice cream?

- a) Angela Lansbury
- b) Margaret Thatcher**
- c) Paul Newman

*Long before she was the United Kingdom's Prime Minister, **Margaret Thatcher's** work in chemistry helped perfect soft-serve ice cream.*

3. How many servings of dairy do Americans consume each day?

- a) One
- b) Two**
- c) Three

*On average, Americans consume about **two dairy servings** of dairy a day. Adding just one more serving of dairy would help fill the average American's nutrient gap.*

4. How long does it take from the time the milk leaves the cow until it reaches your grocery store?

- a) 7 days
- b) 2 days**
- c) 1 day
- d) 5 days

*Believe it or not: your local grocery store has the milk on its shelves within **48 hours** of leaving the farm! Most people usually live within 100 miles or less from a local dairy farm, which means the milk you enjoy every day is fresh and local. A win-win!*



JUNE IS
NATIONAL DAIRY
MONTH

Undenably Dairy Trivia: Fine more at DairyGood.org

5. How many gallons of fresh milk does the average food bank client receive each year?

- a) 1 gallon
- b) 4 gallons
- c) 10 gallons

*Those relying on food banks receive about **one gallon** of milk a year. Milk is one of the top five most in-demand items at food banks. Learn how you can help by visiting [The Great American Milk Drive](https://TheGreatAmericanMilkDrive.org).*

6. Cows tend to produce more milk while listening to what type of music?

- a) Rock
- b) Country
- c) Pop
- d) Classical

*You are not the only one who can get into a steady groove listening to your favorite playlist. Researchers have found that many cows tend to produce more milk when **classical** music is played.*

7. What is the approximate cost of milk per glass?

- a) 10 cents
- b) 25 cents
- c) 75 cents

*Milk is a nutritional bargain, costing about **25 cents** per 8-ounce glass. Few foods deliver dairy's powerhouse of nutrients in such an affordable, delicious and accessible way.*

8. At any given time, what percent of Americans have ice cream in their freezer?

- a) 40%
- b) 67%
- c) 87%

*Americans really love their ice cream! We have it in our freezer at any given time about **87 percent**.*

9. Dairy cows contribute to a sustainable food system.

- a) True
- b) False

***True!** There are many ways that dairy cows contribute to a sustainable food system. For example, Cow manure can serve as a fertilizer, cow manure can be converted into electricity, and cows can eat and use food that people can't. Learn more about on-farm sustainability practices.*

10. American fighter pilots made ice cream using their planes during WWII?

- a) True
- b) False

***True!** To pass the time, American fighter pilots in WWII attached pairs of 5-gallon cans of milk and cream to their planes. The cans were fitted with a small propeller that spun the mixture as the planes flew, and the higher altitudes froze it. By the time they landed, ice cream was ready!*



JUNE IS
NATIONAL DAIRY
MONTH

Undenially Dairy Trivia: Fine more at DairyGood.org

11. How many states have dairy farms?

- a) 10
- b) 17
- c) **50**
- d) 48

*All **50 states** have dairy farms. Milk is locally produced in every state, so it doesn't travel far from farm to store. Even if you live in a big city, you usually live 100 miles or less from a local dairy farm.*

12. Milk really does help ease the burn from spicy foods.

- a) **True**
- b) False

***True!** Milk has just the thing to beat the heat: fat. Since capsaicin, the oily chemical compound in chili peppers, is fat-soluble, rinsing with milk fat helps ease the burn.*

13. What percentage of greenhouse gas emissions is attributed to dairy?

- a) 10 percent
- b) 5 percent
- c) **2 percent**
- d) 20 percent

*Dairy's contribution to total U.S. greenhouse gas emissions is just **2 percent**. The carbon footprint of a gallon of milk has been reduced by nearly two-thirds in the last 60 years. Dairy farmers are working on ways to reduce the figure even more. Learn more at the Innovation Center for U.S. Dairy at USDairy.com.*

14. What percentage of U.S. farms are family-owned?

- a) **97%**
- b) 76%
- c) 68%
- d) 54%

*Keep on grabbing those gallons of milk, knowing they're probably from a family just like yours. **97 percent** of dairy farms are family-owned and operated, and the farmers care about providing the best products possible to families everywhere.*

15. How much milk does an average dairy cow produce per day?

- a) 1 to 2 gallons
- b) 3 to 4 gallons
- c) **6 to 8 gallons**
- d) 10 to 12 gallons

*The average dairy cow produces anywhere from **6 to 8 gallons** of milk per day, or about 125 glasses. The average dairy cow produces more than 2,000 gallons of milk every year.*



JUNE IS
NATIONAL DAIRY
MONTH

Undeniably Dairy Trivia: Fine more at DairyGood.org

16. How many pounds of milk does it take to make one pound of butter?

- a) 5 pounds
- b) **21 pounds**
- c) 40 pounds

*It takes **21 pounds** of milk to make one pound of butter.*

17. How many licks does it take to finish a single scoop of ice cream?

- a) **50**
- b) 147
- c) 320

*Unlike a Tootsie pop, it takes about **50 licks** to finish a single scoop of ice cream.*

18. Fat-free and whole milk have the same nutrients.

- a) **True**
- b) False

***True!** The same nine nutrients are found in whole milk and fat free milk: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin and niacin. Find out more [here](#).*

19. What was the original flavors of Neapolitan ice cream?

- a) Vanilla, Strawberry and Chocolate
- b) Vanilla, Cherry and Chocolate
- c) **Vanilla, Cherry and Pistachio**

*Neapolitan ice cream wasn't always the strawberry, chocolate and vanilla trifecta we know today. Originally, it was made up of **vanilla, cherry and pistachio**, in honor of the Italian flag.*

20. How many dairy farms are there in the US?

- a) 17,000
- b) 25,000
- c) **42,000**

*Raise your milk glass to the nearly **42,000** dairy farms responsible for contributing nutrient-rich milk to local schools and communities!*

21. Which country first invented ice cream?

- a) **France**
- b) United States
- c) Italy
- d) United Kingdom

Back in the day, ice cream was a popular luxury dessert. The Italian noblewoman Catherine de Medici introduced the frozen delicacy to the people of France in 1553.



JUNE IS
NATIONAL DAIRY
MONTH

Undenably Dairy Trivia: Fine more at DairyGood.org

22. Cheese is a great snack to eat after meals to help reduce tooth decay.

- a) **True**
- b) False

True, cheese is great for your chompers! Research shows that eating cheese right after a meal or as a snack helps reduce tooth decay. If you're willing to give it a try, reach for Cheddar, Swiss, Monterey Jack, blue, Brie, Gouda or processed American cheese.

23. Approximately what percent of Americans have lactose intolerance?

- a) 2%
- b) **10%**
- c) 35%
- d) 50%

*Lactose intolerance doesn't mean dairy intolerance and only about **10%** of Americans are lactose intolerant. People who have difficulty digesting lactose can still enjoy dairy, making sure they don't miss any essential nutrients. A cup of milk contains about 12 grams of lactose. Lactose-free milk is one of your best options — it's real milk, just with the lactose removed. Other dairy foods natural lower in lactose are cottage cheese, Swiss and mozzarella cheese, and yogurt. Learn more about lactose intolerance [here](#).*

24. The spots on a cow are unique, and no two spots can be the same.

- a) **True**
- b) False

True! Every cow spot is like a snowflake – no two are the same.

25. Flavored milk makes up how much of children's added sugar intake?

- a) **Less than 3-5%**
- b) 7%
- c) 15%
- d) Kids don't like flavored milk

*Flavored milks have their place in a well-balanced diet making up **less than 3-5%** of a child's added sugar intake. They provide the same nine essential nutrients as white milk, and research shows that children who drink flavored milk have higher total milk intakes compared to those who drink exclusively white milk.*

26. Vanilla ice cream was the first flavor ever created?

- a) True
- b) **False**

False. Chocolate ice cream was invented about 50 years before vanilla and was inspired by hot chocolate.



JUNE IS
NATIONAL DAIRY
MONTH

Undenially Dairy Trivia: Fine more at DairyGood.org

27. Which dairy product is proven to refuel tired muscles after physical activity?

- a) Cheddar cheese
- b) **Chocolate milk**
- c) Greek yogurt

Chocolate milk contains an optimal ratio of carbohydrates-to-proteins. It helps refuel tired muscles. Chocolate milk is almost twice as effective as commercial sports drinks.

28. In the U.S., how much of a cow's feed is grown right on the farm?

- a) 1/4
- b) **1/3**
- c) 1/8
- d) 2/3

Like food that's locally sourced? Dairy cows do, too. In the U.S., over **one-third** of a cow's feed is grown right on the farm – the rest is grown by nearby crop farmers whose products meet quality and sustainability standards.

29. Milk is the top food source for which key nutrient(s)?

- a) Calcium
- b) Protein
- c) Vitamin D
- d) **All of the above**

All of the above! Milk is a delicious and nutritious source for calcium, protein and vitamin D. Learn more at DairyGood.org and NationalDairyCouncil.org.

30. What state was the first to serve ice cream in America?

- a) Massachusetts
- b) **Maryland**
- c) Vermont
- d) Virginia

Ice cream was first served in the United States in **Maryland** in 1744, when Governor Thomas Bladen gave it to his guests for dessert.

31. On average, how many pounds of cheese do Americans eat per year?

- a) Just over 10 pounds
- b) Just over 20 pounds
- c) **23 pounds**
- d) Just over 150 pounds

Americans love cheese! The average American eats about **23 pounds** of cheese each year. If you break it down per day, it's only about 1 oz., which fits well within the recommended number of daily dairy servings.



DAIRY FARM BINGO

- 1 Together as a class, think of a list of dairy food and dairy farm words.
- 2 On your own, choose 16 words from the list to fill in your very own **BINGO** card.
- 3 Listen as your teacher calls out the dairy words and mark your boxes.
When your card is filled, yell "**DAIRY FARM BINGO!**"



DAIRY FARM BINGO

- 1 Together as a class, think of a list of dairy food and dairy farm words.
- 2 On your own, choose 16 words from the list to fill in your very own **BINGO** card.
- 3 Listen as your teacher calls out the dairy words and mark your boxes.
When your card is filled, yell "**DAIRY FARM BINGO!**"