



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

MILK



Dear Parent,

Today your child learned about milk and milk products (yogurt and cheese). Milk and milk products build bones and teeth and keep bones strong. Be a good role model by drinking milk and serving your child milk every day. If you have questions, contact your local Extension office:



- Teens and adults should have 3 cups and children (ages 2 to 8) 2 cups of fat-free milk or low-fat milk every day.
- Use milk when making canned soups like cream of mushroom soup.
- Make hot cereals and instant hot chocolate/cocoa with milk instead of water.
- Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes.

You and your child can have fun making tasty rice pudding together:

Rice Pudding 8 servings

3 cups cooked rice	1 Tablespoon tub margarine
3 cups fat-free milk	1 teaspoon vanilla
1/2 cup sugar	3/4 cups raisins (optional)

1. Combine rice, milk, sugar, and margarine in a saucepan. Bring to a boil.
2. Reduce heat to medium-low. Cover and stir often.
3. Cook until thickened, about 30 minutes.
4. Add vanilla and raisins.
5. Let cool. Serve warm or cold. Refrigerate leftovers.

Nutrition Facts (per serving): Calories 230 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 60 mg ~ total carbohydrate 42 g ~ fiber 1 g

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