

CWD Healthy Update

CWD Nutrition
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June is National Dairy Month

June is National Dairy Month. Dairy products including milk, cheese, and yogurt are nutrient powerhouses.

Research shows dairy products may help to reduce the risk of several diseases including osteoporosis, high blood pressure, obesity, kidney disease, and colon cancer. In addition, milk helps to promote bone health and provides a source of many essential nutrients. For more information, including current research, recipes, and dairy facts, visit the National

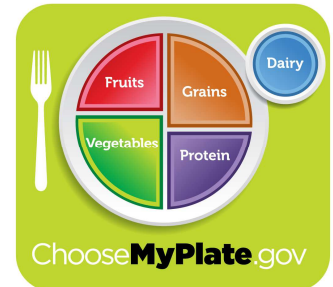
Dairy Council's website at: www.nationaldairyCouncil.org.



Dairy foods supply 70% of the calcium in the US food supply. In addition, milk is an excellent source of potassium, phosphorus, and Vitamin D.

School lunch/breakfast regulations as well as the choosemyplate.gov website recommend low fat or fat free milk and milk products as part of a healthy diet.

For those that are lactose intolerant, try alternatives within the dairy food group including yogurt or lactose-free milk. In addition, the enzyme lactase can be taken prior to consuming dairy products to aid in their digestion.



Celebrate June!

- National Dairy Month
- National Iced Tea Month
- Turkey Lover's Month
- National Candy Month
- National Fresh Fruit & Vegetable Month

Weekly Produce Update

Strawberries—there is plenty of good quality fruit available.

Broccoli—supplies remain steady and quality good.

Cauliflower—quality varies.

Blueberries—quality remains excellent & supplies steady.

Lettuce—supplies are tightening as we enter another supply gap caused by rain during planting.

Leaf lettuce—supplies are

plentiful.

Oranges—Valencia crop quality is good. Early reports show fruit grading equally between choice and fancy.

Grapes—quality is nice for both red & green varieties.

