

No Use Crying Over Spilled Milk



Milk isn't just about cows anymore.

The supermarket sells many different varieties of milk like soy, almond, and cultured milk;

here's a guide to the milk that's right for your budget and you!

The Food Bank Feedback

A newsletter published monthly and sent to all agencies receiving food distribution, free of charge.

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Lactose-Free Milk: If you or someone in your family has a lactose-intolerance but loves cow's milk, then this is the milk for you. Lactose-free milk can be found in whole, 2%, 1%, and skim varieties and can be used just as regular milk. The taste will resemble real cow's milk but slightly sweeter.

Skim Milk: The beauty of skim A.K.A non-fat milk, is that it has all of the calcium, vitamin D, and other nutrients as whole milk, but half of the calories (80 calories instead of 150 calories in an 8 oz serving)! Skim milk is actually cheaper than whole milk, and can be found in any supermarket.

Soymilk: Soymilk has become quite popular in the past few years. Soymilk is the most similar to cow's milk when it comes to nutrients. It has the same amount of protein, calcium, potassium, and calories per cup, depending on the brand. Soymilk is also naturally lactose-free and contains healthy unsaturated fats. If you are new to soymilk, try it in vanilla or chocolate flavors.

Almond Milk: Almond milk is another milk that is becoming popular and can be found in most supermarkets. It maybe a little more costly than the other milks, but it's also lower in calories, and higher in nutrients like copper, zinc, iron, phosphorus, and potassium. Unfortunately, if you or a family member has a nut allergy, almond milk will not be safe to consume.

Cultured Milk: Cultured milk, A.K.A. kefir, is regular cow's milk that has been fermented with the same bacteria as yogurt. Cultured milk has a longer shelf life than regular dairy milk and is easier on the stomach because there is less lactose. Cultured milk is also healthy for the gut and may help regulate the digestive tract. Use cultured milk for smoothies or buy it ready made in mango, peach, and strawberry flavors.



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• Recipe •

Soy Raspberry Banana Smoothie*

Ingredients

- 1 6oz container low fat vanilla yogurt
- 1 ½ cups low fat vanilla soymilk
- 1 frozen banana
- 1 cup frozen (unsweetened) raspberries



Directions

Place all ingredients into a blender and blend until smooth. Pour in two glasses, serve immediately and share with a friend!

Tip: If raspberries and banana aren't frozen, add ½ cup of ice in the blender for a thicker consistency!

Nutrition

Calories 290 (Calories from Fat 35);
Total Fat 4g (Saturated Fat 1g Trans Fat 0g);
Sodium 160mg;
Total Carbohydrate 54g; (Dietary Fiber 10g, Sugars 33g);
Protein 9g,
Vitamin A 15%
Vitamin C 70%
Calcium 35%
Iron 8%

* Recipe adapted from 8th Continent Soymilk



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