



Eat Smart Idaho

June is National Dairy Month

June is National Dairy Month. Focus on making sure you are getting the amount of Dairy Group foods recommended for good health. The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



Dairy Group Foods Health Benefits:

Eating or drinking dairy products offers health benefits, like building and maintaining strong bones.

Dairy Group foods provide nutrients that are vital for the health and maintenance of the body. These nutrients include calcium, potassium, vitamin D, and protein.

- Calcium: is used for building healthy bones and teeth, and also helps maintain bone strength as we age.
- Potassium: helps maintain healthy blood pressure. Many people don't get enough potassium.
- **Vitamin D:** helps the body maintain proper levels of calcium and potassium, which helps build and maintain strong bones.

Dairy Group Foods Recommendations:

People aged 9 years and up need to get 3 cups of Dairy Group foods per day. In general, the following counts as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt, or soy milk
- 1 ½ ounces of natural cheese

Dairy is convenient.

The dairy aisle is full of grab and go options that make it convenient to get your dairy nutrient boost.



Black Bean Quesadilla

2 tablespoons mild chunky salsa
1 tablespoon chopped green onion
1 tablespoon chopped cilantro
2 tablespoon chopped green onion
1 cup shredded Pepper Jack cheese
2 Cooking spray

1. Mash beans slightly; combine with salsa, green onion, cilantro and cheese.

2. Divide mixture on 4 tortillas, spreading almost to edges. Top with remaining tortillas.

3. Cook quesadillas in sprayed skillet on medium to medium-low heat until browned, 2 to 3 minutes on each side. Cut into wedges before serving.

Orange Cream Chiller

3 ounces orange juice concentrate

1 cup low-fat milk

1/2 cup nonfat plain Greek yogurt

1 banana frozen, or 3 frozen strawberries

1 teaspoon honey

1/2 teaspoon vanilla extract



Place all ingredients in a blender. Blend until smooth. Serve immediately or store in refrigerator.

Sources: https://www.myplate.gov/eat-healthy/dairy; https://www.usdairy.com/recipes/orange-cream-chiller retrieved 05/25/26

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,

Lewis, & Nez Perce Counties 208-883-2267



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