

SLIM DOWN WITH LOW CALORIE MILK GROUP FOODS

Dear Homemaker:

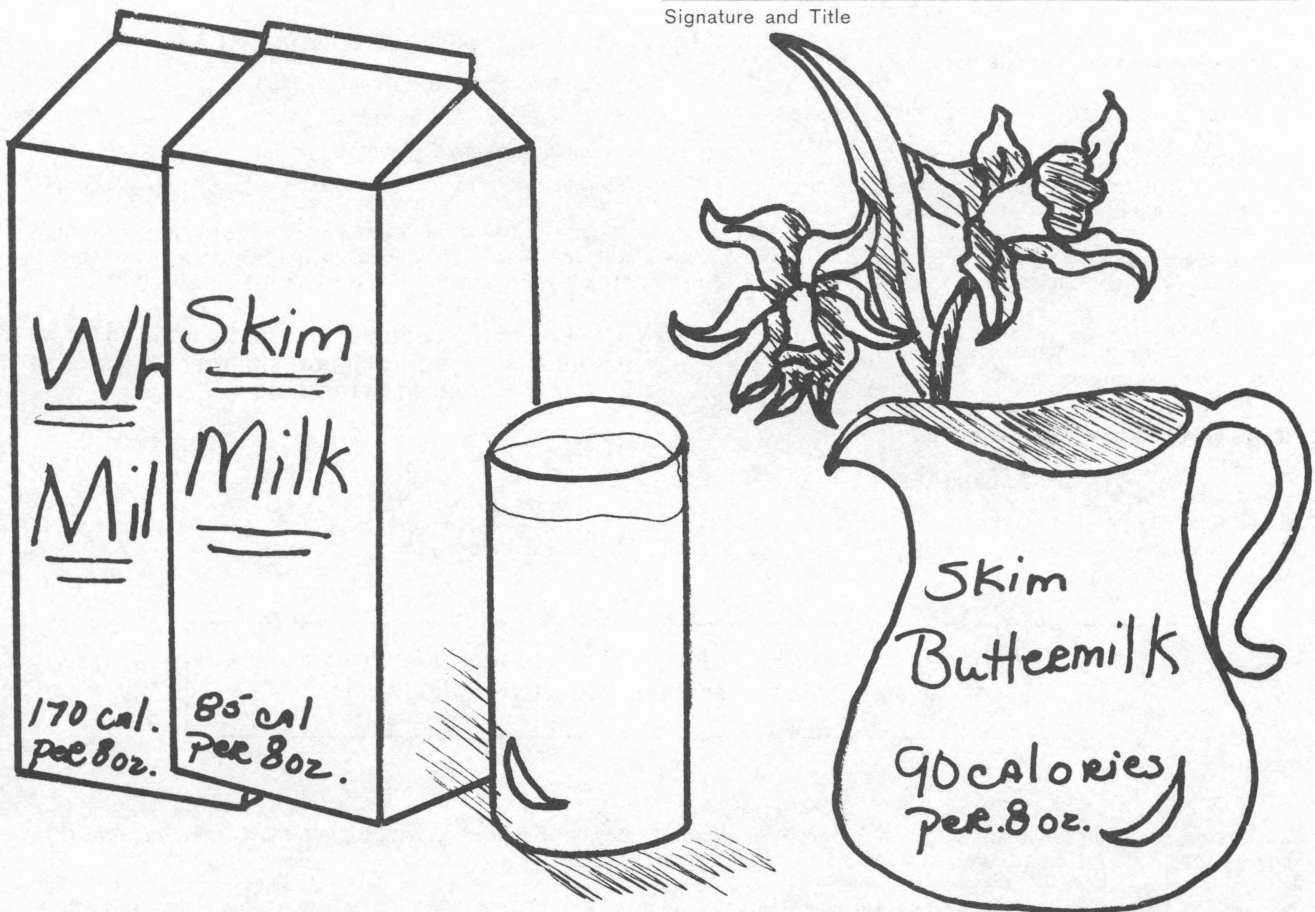
Adults continue to need at least two servings of milk each day while losing weight. Milk is our best source of calcium which is needed throughout life for strong bones, teeth and blood. Milk is also a good source of protein, riboflavin and other nutrients.

Milk products that still contain the butterfat have more calories. Choose fat-free or non-fat milk products such as skim milk, buttermilk, non-fat dry milk and low fat yogurt to lose weight and keep it off.

Read the label to compare the number of calories in a serving of different forms of milk products.

Sincerely,

Signature and Title



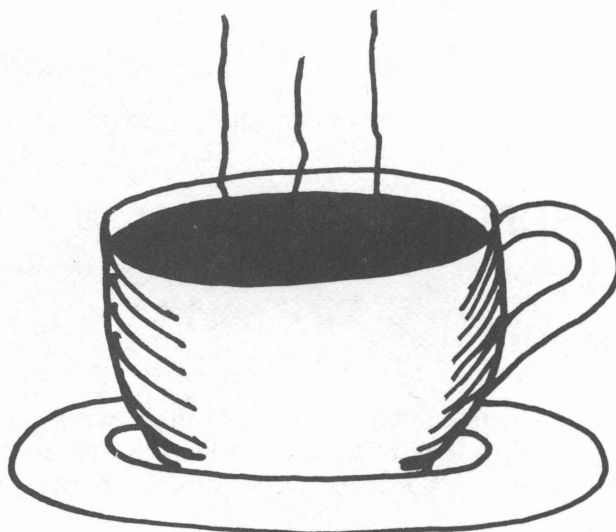
Hot Spiced Cocoa Mix

- 2½ cups non-fat dry milk powder
- ⅓ cup unsweetened cocoa powder
- ¼ cup sugar or sugar replacement
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg (optional)

In a quart jar, combine non-fat dry milk, cocoa powder, sugar replacement and spices. Shake well to thoroughly combine. Store in a covered glass jar. Makes 2½ cups mix or 13 servings.

To prepare one serving Hot Spiced Cocoa, place 2 heaping teaspoons of mix in a cup; blend in ¾ cup boiling water. Additional sugar replacement may be added if desired.

This drink has 41 calories per serving if made with sugar replacement and 56 calories if made with sugar. (For a better blended drink, stir cold water into dry mix; heat.)



COMPARE CALORIES IN MILK PRODUCTS

Calories in Milk Products

The following list shows the approximate number of calories in 1 cup (8 fluid ounces) of selected milk and other dairy products:

MILK

Buttermilk, made from skim milk	90
Chocolate milk, made from whole milk and chocolate	210
Chocolate-flavored drink, made from lowfat milk and cocoa	190
Dry (mixed with water):	
Nonfat	90
Whole	160
Evaporated (diluted with equal volume of water):	
Skim	90
Whole	160-170
Fresh skim or lowfat:	
Lowfat (1 percent milkfat)	110
Skim (nonfat)	80-90
2 percent	130
2 percent (added nonfat milk solids)	145
Fresh whole, homogenized	160
Sweetened condensed, undiluted	980
Yogurt, made from partially skimmed milk	125

HALF-AND-HALF

Half-and-half (11 percent milkfat)	325
Sour half-and-half (11 percent milkfat)	325

CREAM

Sour (18 percent milkfat)	485
Table or coffee (18 percent milkfat)	505
Whipping (unwhipped):	
Heavy (36 percent milkfat)	840
Light (30 percent milkfat)	715

FROZEN DESSERTS

Ice cream, rich (16 percent milkfat)	330
Ice milk (5 percent milkfat)	200
Ice milk, soft-serve (5 percent milkfat)	265
Sherbet, fruit (1.2 percent milkfat)	260

NOTE: The number of calories in frozen desserts varies with the amount of milkfat in the mix and the volume of air incorporated into the product during processing.

For milk products frequently used in small amounts, the approximate number of calories in 1 *tablespoon* is listed below:

MILK

Dry:	
Nonfat, instant (dry)	15
Whole, instant (dry)	20
Evaporated (whole, undiluted)	20

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