

Building Healthy Meals with WIC Foods: Dairy

Who: Women, Children 2 to 5 years

Why: WIC participants may be unaware of the differences in total and saturated fat levels in milk and cheese. This information will help them choose lower fat milk and cheese options more often and understand why WIC provides low-fat 1% and fat-free milks for women and children over the age of 2 years. Nevada WIC participants also want meal and snack ideas for using WIC foods.

Time: 20 – 25 minutes

Objectives: By the end of this session, participants will be able to:

- Be able to list at least one health benefit of dairy foods
- Identify nutrient content differences in milk and cheese choices
- List one new way to use milk or cheese in snacks and meals

Lesson

Overview:

1. Introduction
2. Concept: Eating dairy foods provides health benefits
3. Concept: Understanding different types of milk and cheeses
5. Concept: Meal and snack ideas using dairy foods
6. Closing

Materials: Provided by WIC State:

- Activity Sheet Handout: Healthy Milk Choices
- Activity Sheet Handout: Say Cheese Worksheet
- Handout: What's in Your Soy?
- Handout: Nutrition Matters 7 Ways – Milk
- Incentive: 8 oz. MyPlate Dairy Cup

Introduction

- Welcome participants
- Set the agenda by giving an overview of the class session
- Introductions
 - Make sure to include children in the introductions activity

Example: "Good morning/afternoon everybody! My name is _____ and welcome to the 'Building Healthy Meals with WIC Foods' class. This class talks about the health benefits of dairy, healthier dairy choices, and ways to use WIC dairy foods. The class is about 20 minutes long and we will use this time to share some ideas."

 **Icebreaker:** "I invite you to turn to the person next to you and talk about your family's favorite snack or meal using a dairy food, like milk, cheese or yogurt."

- Allow a few moments for participants to discuss.
- Ask each participant to share the name of their activity partner, name of their child/children and their family's favorite meal or snack using a dairy food.
- If class is small, simply invite each person to share with the group.

Concept: Dairy Foods Provide Health Benefits

- **Discussion:**

Begin by discussing dairy foods WIC offers.

"Before we talk about meal and snack ideas for using WIC dairy foods, let's begin by discussing dairy foods WIC offers and the health benefits. What are some dairy foods you buy with your WIC benefits?"

- Allow time for participants to reflect and answer
- WIC dairy foods: milk, cheese, lactose free milk, soymilk and tofu.

After highlighting the dairy foods WIC offers, discuss the health benefits of dairy foods.

"WIC provides these foods because dairy foods are an important part of a healthy diet. Dairy foods provide important nutrients, including calcium, potassium, vitamin D, and protein. Dairy improves our bone health and is especially important for the bone health of children because they are still building their bone mass."

FACTS ABOUT HEALTH BENEFITS OF DAIRY FOODS:



- Dairy is the primary source of calcium. Calcium is used for building bones and teeth and maintaining strong bones.
- Yogurt, milk, and soymilk are a source of potassium. Diets rich in potassium may help maintain a healthy blood pressure.
- Vitamin fortified milk and soymilk are good sources of this nutrient. Vitamin D helps the body maintain calcium and phosphorous levels which helps build and maintain bones.
- It is important to choose fat free or low fat dairy choices because these choices are lower in saturated fats. Diets high in saturated fats raise LDL cholesterol levels, or "bad" cholesterol, which increases the risk for coronary heart disease.

Source: <http://www.choosemyplate.gov/dairy-nutrients-health>

Concept: Understanding Different Types of Milk and Cheese

- "Today we are going to review milk nutrition facts. After talking about milk, we will talk about the nutritional differences between different types of cheese."
 - **OPTIONAL:** If the majority of class participants have already taken the milk class, you can briefly review the nutrition facts for different types of milk.

- **Activity #1:**

"Raise your hand if you've heard that low fat milk is just watered down whole milk. Let's take a few moments to discuss why this is not true."

- Distribute the "Healthy Milk Choices" activity sheet.
- Ask participants to turn to Activity 2 "Compare the Different Types of Milk" page.

"At the top of this sheet, you will see the four different types of milk. The fat, protein, calcium, and Vitamin D are listed underneath each milk. Let's complete this activity together. The first question asks, 'From the choices below, check the type of milk that has the lowest amount of fat.' The first option is fat free. The second option is low fat milk and the third option is reduced fat milk. Finally, whole milk is the fourth option. Go ahead and look at each milks' fat content and check the milk you find to have the lowest amount of fat."

- Allow a few moments for participants to answer the first question.

"Who wants to share the milk choice they checked as having the lowest amount of fat?"

- Allow time for a participant to share.

"Great! Raise your hand if you also answered fat free."

Answer: Fat free milk has 1 gram of fat compared to 8 grams of fat in whole milk, 5 grams in reduced fat milk, and 2 grams in low fat milk.

"Let's answer the second question. 'From the choices below, check the type of milk that has the highest amount of protein.' The first answer option is fat free. The second answer option is low fat milk. The third option is reduced fat milk and the fourth option is whole milk. Go ahead and look at the protein content for each milk and check the milk you find to have the highest amount of protein."

"Who wants to share their answer?"

- Listen and affirm.

"Great! This question has two answers; low fat milk and reduced fat milk. But you may have noticed all four kinds of milk have about the same amount of protein."

Answer: Both low fat milk and reduced fat milk have 10 grams of protein. Fat Free milk has 9 grams of protein. Whole milk has 8 grams of protein.

"The third question asks 'From the choices below, check the type of milk that has the highest amount of calcium.' Just like we did before, take a look at the amount of calcium in each milk and then check the milk with the highest amount of calcium."

- Read the answer option out loud.

"Raise your hand if you checked low fat milk as having the highest amount of calcium? Great - that is the answer! However, similar to protein, the calcium amounts are similar in all milks."

Answer: Low fat milk provides 38% of DV followed by reduced fat milk, which provides 35%. Nonfat milk is 31% DV and whole milk is 30%. Daily Value is the percentage of a specific nutrient that a person should consume per day. So, this means one serving of low fat milk provides 38% of the calcium you need each day.

"Almost done! The last question asks, 'What do you notice about the amount of Vitamin D in the different types of milk? Go ahead and take another moment to look at the amount of Vitamin D in each milk and write down on your activity sheet what you notice about the amount of Vitamin D in each milk."

"Who wants to share with us what they wrote down?"

- Allow for a participant to volunteer an answer.

"That is correct - all four types of milk provide 25% DV of Vitamin D. After answering the above questions, which milk do you think is the healthiest?"

Answer: For women and children 2 years and older, low fat and free fat, instead of the higher fat milks.

- **Activity #2:**

"Now let's look at nutrition differences between different types of cheese."

- Distribute "Say Cheese! Worksheet" handout.

"The chart on this handout gives us the serving size, calories, total fat, saturated fat, protein, and calcium amount in different WIC cheese. The chesses listed are cheddar, colby, and jack cheese; reduced fat cheddar; and mozzarella cheese made with part skim milk"

"First, let's talk about what is considered a serving size of cheese. A serving size of cheese is 1 ounce which is generally 1 slice or cube of cheese."

"Now that we know what a serving size of cheese looks like, let's find out about the nutrition of these 3 different types of cheeses. Underneath the 'What's In Your Cheese' chart are some true or false questions that we will answer together. The first question asks, 'All cheeses have the same amount of calories.' Go ahead and circle true or false for this statement."

"If you circled false, Great! This question is false. If we look at the calories per serving for each cheese, we can see that reduced fat and part skim mozzarella cheeses have less calories."

Answer: False. Reduced fat and part skim cheeses have less calories.

"The second question asks 'Reduced fat and part skim mozzarella chesses have the lowest total fat.' Go ahead and circle true or false for this statement."

"If you circled true, yes! This is true. Reduced fat and part skim mozzarella cheese have the lowest total fat."

Answer: True. Reduced fat and part skim cheeses are made from lower fat milk instead of whole milk.

"Ok, last question. 'All cheeses have about the same amount of calcium.' Look over the chart and then circle true or false for that statement."

Answer: True. All of the cheeses have about the same calcium content.

"In summary, similar to milk, reduced and part-skim cheese, compared to regular whole milk cheeses are lower in total and saturated fat but have about the same amount of protein and calcium."

Soy and Tofu WIC options:

"If you or your family members on WIC do not drink milk and eat cheese, WIC offers soy milk and tofu as substitutes for them. Soy milk and tofu can be a good source of calcium, however, the amounts vary so it is important to read the Nutrition Facts label. If you are receiving a soy package from WIC, please feel free to take this handout, 'What's In Your Soy?' for more information on choosing these foods."

"What are your questions about what we just learned?"

FACTS ABOUT DAIRY SERVING SIZES:

- **Recommended daily amounts of dairy:**
 - ✓ 2 cups for 2 – 3 year olds
 - ✓ 2 ½ cups for 4 – 8 year olds
 - ✓ 3 cups for adults
- **What counts as a cup?**
 - ✓ 1 cup of milk, ½ cup evaporated milk
 - ✓ 1 8 fluid ounces container or 1 cup of yogurt
 - ✓ 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan), ½ cup shredded cheese, 2 ounces of processed cheese (American)
 - ✓ 1 cup of calcium fortified soymilk



Concept:

- "At the beginning of class, we talked about your family's favorite meal or snack using dairy foods. Let's talk about other ways your family can make healthy choices using dairy foods."
 - Offer Seven Ways to Use Milk handout.

- Ask participants to turn to Activity 2 on the “Tips for Cooking with Cheese” on the “Say Cheese Worksheet”.

“These two handouts give us excellent suggestions for using milk and cheese in snacks and meals. Let’s first look at the ‘Sevens Ways to Use Milk’ handout.”

- Review a few or all main points on handout, depending on time.
- Ask participants to circle a suggestion for using milk they might consider trying within the next month.

Repeat with ‘Tips for Cooking with Cheese’. Review suggestions for cooking with cheese and ask participants to put a check next to the suggestion they might consider trying within the next month.

“What other tips on cooking with cheese would you like to add?”

- Invite participants to share ideas.
- Listen and affirm, “Great! Thank you for sharing!” or “Great idea!”

“The ‘Say Cheese!’ worksheet also gives you important reminders for storing cheese.”

TIPS FOR MAKING HEALTHY DAIRY CHOICES:

- Include fat free/nonfat or low fat 1% milk or calcium fortified soymilk as a beverage at meals
- Have fat free or low fat yogurt as a snack
- Add fat free/nonfat or low fat 1% milk instead of water to hot cereals or oatmeal
- Use fat free/nonfat or low fat 1% milk when making cream soups
- Make a yogurt fruit dip for fruits or vegetables
- Make fruit-yogurt smoothies in a blender
- Top yogurt with fruit
- Top casseroles, soups, stews or vegetables with reduced fat or low fat cheese
- Top a baked potato with fat-free or low-fat yogurt or cheese

Source: <http://www.choosemyplate.gov/dairy-tips>



Closing

- **Summarize what was covered in class:**
“Today we looked at different types of milk and cheese and talked about which are the healthiest. We also talked about meal and snack ideas you will try using in the next month.”
- **Thank participants for their participation. Ask participants to complete the evaluation survey. Let participants know the survey will take 5 to 10 minutes to complete.**