

What's new ... in **dairy** and eggs?



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Dairy Products

Canada's Food Guide recommends including milk products as part of a healthy diet. Let's take a closer look at how the 16 essential nutrients in milk power you.

Nutrients	Function
Calcium	Builds bones, both in length and strength. Helps muscles contract, blood clot and the heart to beat.
Protein	Forms the collagen matrix upon which minerals like calcium and phosphorous build hard bones
Magnesium	Links with calcium and phosphorus to harden bone
Phosphorus	Bonds with calcium in bone for strength
Vitamin A	Enables bone re-modeling (breaks down and rebuilds bone)
Vitamin D	Aids in calcium and phosphorus absorption
Carbohydrates	Provides energy for our muscles and brain
Vitamin B-6	Needed for protein metabolism
Vitamin B-12	Is necessary for growth, maintenance of nerve tissue and normal blood formation
Folate	Is a growth factor and required for DNA synthesis
Thiamin	Needed for carbohydrate metabolism
Riboflavin	Helps convert food into energy
Niacin	Needed for carbohydrate utilization & tissue respiration
Pantothenic Acid	Needed for fatty acid metabolism
Zinc	Essential for growth, and development, wound healing immunity and other physiological processes
Selenium	A factor in the correct functioning of the immune system, due to its antioxidant

Featured Dairy Recipe

Milk Pizza Dough

Prep time: 20 Min Yields: 1 large pizza

1 pouch (8 g) of instant (rapid rise) dry yeast
2 tsp (10 ml) sugar
1 1/4 cup (310 ml) warm **milk**
3 tbsp (45 ml) melted **butter**
About 3 cups (750 ml) unbleached all-purpose flour
1 tsp (5 ml) salt

In a large bowl, mix yeast, sugar, warm milk (do not bring to a boil) and melted butter.

Let rest 10 minutes to allow yeast to activate. Foam will form along the surface.

Mix flour and salt. Gradually add to bowl, mixing with a fork, and eventually with your hands if using a fork becomes difficult. Incorporate flour until dough is consistent and fairly firm.

Flour a work surface and knead the dough, adding a bit of flour until dough no longer sticks. To knead, fold and flatten the dough for roughly 5 minutes, using the palm of your hand or fist.

Place dough ball in a bowl greased with butter, cover, and allow dough to rise in a warm, draft-free location. The dough must double in volume. This should take about 45 minutes.

Deflate the dough prior to working it according to the chosen recipe.

Recipe Courtesy of: Dairy Farmers of Canada

Resources

Alberta Milk has a number of free or low cost resources, like the *Milk Nutrients Poster and Activity Sheet*, for you at: moreaboutmilk.com/resources.aspx

Recipes with how to video clips available at: moreaboutmilk.com/recipes.aspx

What's new... in dairy and eggs ?

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What's in an Egg?

Eggs are one of nature's most nutritious foods. One large egg contains only 70 calories and an incredible amount of nutrition. Include eggs as part of your healthy diet and let the facts speak for themselves!

What the vitamins and minerals do for you?

- **Iron** – carries oxygen to the cells, helps prevent anemia; the iron in eggs is easily absorbed by the body
- **Vitamin A** – helps maintain healthy skin and eye tissue; assists in night vision
- **Vitamin D** – strengthens bones and teeth; may help protect against certain cancers and auto-immune diseases
- **Vitamin E** – an antioxidant that plays a role in maintaining good health and preventing disease
- **Vitamin B12** – helps protect against heart disease
- **Folate** – helps produce and maintain new cells; helps prevent a type of anemia, helps protect against serious birth defects if taken prior to pregnancy and during the first three months of pregnancy
- **Protein** – essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body
- **Selenium** – works with Vitamin E to act as an antioxidant to help prevent the breakdown of body tissues
- **Lutein and Zeaxanthin** – maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration
- **Choline** – plays a strong role in brain development and function; one egg provides half the daily requirement, as recommended by Canada's Food Guide

Eggs for healthy eating!

More than ever, eggs are being recognized for their outstanding nutritional qualities. If you enjoy eggs, and

healthy eating is important to you, it's good to know that Canadian eggs meet the criteria for the Health Check™ program based on Canada's Food Guide. Health Check™ is a national food information program developed by the Heart and Stroke Foundation of Canada, to help Canadians make healthy food choices. At the heart of the Health Check™ program is the Health Check™ symbol, backed by the Heart and Stroke Foundation name.

Recognizing the nutritional value of eggs, Canada's Food Guide includes a serving of 2 eggs as part of the Meat and Alternatives food group. Get your copy at: hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Featured Recipe: Cheesy Scrambled Eggs

Make this breakfast or snack in just five minutes. On your mark, get set... scramble!

Directions (with adult supervision):

1. In a coffee cup, microwave 2 mL of butter or margarine (1/2 teaspoon) on High (100% power) for 15 seconds or until melted.
2. Rotate cup to butter all sides.
3. Break 1 egg into cup and add 15 mL of milk (1 tablespoon). Beat well using a fork.
4. Add 60 mL of grated cheddar or mozzarella cheese (1/4 cup). Mix well.
5. Cover cup with plastic wrap, with one corner pulled back to let air out.
6. Microwave on High (100% power) for 50-60 seconds, stirring once during cooking.
7. Let stand, covered, for 2 minutes. Carefully remove from microwave with oven mitts.

Eggs for a healthy lifestyle!

Eating well goes hand in hand with being active, to help you feel your best. Here are some tips to help you enjoy a healthy lifestyle.

- **Eat well** – follow Canada's Food Guide for a healthy balance; enjoy a variety of foods from each food group every day
- **Be active** – get your body moving each day; even a 10-minute walk can make a difference
- **De-stress** – try to manage daily stress and find ways to make time for yourself



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