

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



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Serve it Up: Making Sense of Canada's Food Guide

When you eat milk, yogurt or cheese, is your serving size the same as what Canada Food Guide (CFG) recommends? Or have you ever wondered what it would actually look like to eat according to CFG?

Size Matters

One of the challenges to knowing your serving sizes is glass size. One serving of milk in CFG is defined as 250 ml. However, when 250 ml of milk is measured and poured into a large glass, the glass may look only half full! Realizing that your glass size may not be the same as a CFG serving size is important when assessing whether or not you are meeting CFG recommendations.

Another challenge is yogurt. A CFG serving of yogurt is 175 g or $\frac{3}{4}$ of a cup. Most teens (and adults) eat the portable yogurts in 100 g and think they have eaten one serving of milk and alternatives. However, in reality they have only eaten just over half a serving.

Finally, the serving size for cheese depends on whether you are choosing hard or soft cheese. One CFG serving of hard cheese, such as cheddar or Mozzarella, is 50 grams (about the size of two thumbs). However, for soft cheese such as cottage cheese, a CFG serving is 250 ml.

Eat According to CFG

This summer Alberta Milk staff took on the challenge of preparing and photographing a day's worth of food for teens 14 – 18 years old as recommended by Canada's Food Guide. Each food item was measured and weighed in accordance with CFG serving sizes. The meals and snacks lay out visually how much a teen should eat in one day to meet their needs for vitamins, mineral and other nutrients and to contribute to their overall health and vitality.

The menu was developed based on everyday foods and took into consideration the on-the-go nature of teens. Cereal, milk and fruit for breakfast; chicken wrap, milk and veggies for lunch; salmon, brown rice, tossed green salad and milk for dinner; snacks of fresh fruit, yogurt, crackers, veggies and hummus. The menus were also analysed for calories. The suggested meals and snacks would meet the calorie needs for sedentary to low active teens as recommended by Health Canada.

This challenge resulted in a new classroom poster: *Eat Well, Do Well: A Day's Worth of Food for Teens*. Use it to highlight that healthy eating does not have to be boring! If you eat according to Canada's Food Guide, you can enjoy a variety of delicious foods throughout the day to meet your nutrition needs and power your body. Order your **free** poster at <http://www.moreaboutmilk.com/resources.aspx>.

Banana Raisin Oat Bran Muffins Courtesy of Dairygoodness.ca

Ingredients

- 1 lightly beaten egg
- 1 cup (250 ml) **Milk**
- 1 cup (250 ml) mashed ripe bananas
- $\frac{1}{2}$ cup (125 ml) sugar
- $\frac{1}{4}$ cup (60 ml) vegetable oil
- 1 tsp (5 ml) vanilla extract
- 1 cup (250 ml) whole wheat flour
- 1 cup (250 ml) oat bran
- $\frac{2}{3}$ cup (160 ml) raisins
- 1 tsp (5 ml) baking soda
- 1 tsp (5 ml) baking powder

Instructions

1. Preheat oven to 400 °F (200 °C). Lightly butter or spray 12 non-stick muffin pans.
2. In bowl, combine egg, **milk**, bananas, sugar, oil and vanilla extract; mix well.
3. In another bowl, mix together flour, oat bran, raisins, baking soda and baking powder; stir into egg mixture, only until combined.
4. Spoon into prepared muffin pan. Bake for 20 to 25 min or until tops are firm to the touch.

Prep time: 20 min **Yields:** 12 Muffins

Nutrients Per Serving: One muffin	Food Groups Per Serving One Muffin
Calories – 191kcal	Vegetables and Fruit – 0.5
Protein – 4 g	Grain Products – 0.5
Fat – 6 g	Milk and Alternatives – 0
Carbohydrate – 34 g	Meat and Alternatives – 0
Fibre – 1.8 g	
Sodium – 147 mg	
Calcium – 50 g	

www.eatracker.ca/recipe_analyzer.aspx



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Canada's Food Guide Fact:

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 Cracking!*

Apple Cheese Omelette



Ingredients

1 tsp (5 ml) butter
1/2 apple, peeled, cored and thinly sliced
2 tsp (10 ml) sugar, divided to taste cinnamon
2 eggs
1 tsp (5 ml) water
2 tbsp (30 ml) cheddar cheese or swiss cheese, shredded
optional cinnamon sugar or icing sugar

Directions

In an 8 inch (20 cm) non stick skillet with sloping sides, melt butter over medium heat. Add apple slices in a layer. Cook 2 minutes. Sprinkle with 1 tsp (5 ml) sugar and cinnamon, to taste. Cook until tender, 3 to 5 minutes longer. In a small bowl, combine eggs, 1 tsp (5 ml) sugar and water. Beat with a fork until eggs are just blended. Pour over apples in skillet. Stir with a spatula to allow egg mixture to cover bottom of pan. Use spatula to gently push cooked portions to the center, tilting skillet to allow uncooked egg to flow into empty spaces. When egg is almost set on surface, sprinkle cheese over half of omelette. Slip spatula under unfilled side, fold over filling and slide onto serving plate. Sprinkle with cinnamon or icing sugar, if desired, and serve immediately.

Makes: 1 serving

Preparation: 10 minutes

Cooking: 10 minutes

Nutrients per serving:

Calories: 307
Protein: 16.1 g
Carbohydrate: 19.1 g
Fat: 18.5 g



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