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Eat Well!

A Newsletter for Healthy Eating

Cost of Convenience: Dairy

By Kathy Savoie, Extension Educator

Spending wisely in the dairy aisle means getting the most calcium for your dollar.

According to MyPlate and the *Dietary Guidelines for Americans*, individuals ages 9 and up need 3 cups of dairy each day. The Dairy Group includes milk, yogurt, cheese and fortified soymilk. Each cup provides about 300 mg of calcium and other important nutrients like vitamin D, potassium and protein.

Follow these tips to save money in the dairy aisle while getting the most calcium for your dollar:

Milk

When buying milk check the unit price shelf labels to save money. Usually the larger the container of

milk, the cheaper the unit price per serving.

A gallon of skim milk costs less than the higher fat milks like whole, 2% reduced fat and 1% low fat. By switching to skim milk not only will you save money, you will also shave off calories and fat. Per cup, skim milk has 90 calories and 0 grams of fat compared to 150 calories and 8 grams of fat per cup of whole milk. If your family does not like skim milk, try mixing it with the milk you buy now and gradually increase the amount of skim milk you add.

Cheese

Because cheese is sold in many forms (block, sliced, shredded) and many size containers, it is very useful to use

Container Size	*Cost	1 Cup Servings/ Container	Cost/Serving
One gallon	\$3.27	16	\$.20
One half-gallon	\$2.19	8	\$.27
One quart	\$1.69	4	\$.42

**All prices were collected in Maine, winter 2018. Although prices vary depending on date and the location, the comparative differences generally follow a similar pattern.*

Continued on page 2



Looking for ways to save money on food? The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

unit prices when making decisions. Check the shelf unit price (price per ounce) to find the best buy by comparing cheese forms and container sizes. Stock up on sales and remember that cheese can be frozen to extend its shelf life.

Yogurt

If you like the convenience of single-serving cartons, watch for sales. Otherwise, larger cartons are generally cheaper when you compare the price per

ounce. Fruit-flavored varieties of yogurt may cost more and have a lot of added sugar. Try buying plain or vanilla yogurt and adding your own fruit to save money and reduce added sugars.

Reference:

“Spend Smart. Eat Smart.” Iowa State University Extension and Outreach. 2018. <https://spendsmart.extension.iastate.edu/shop/aisle-by-aisle/dairy/>

Food Bites

Lactose Intolerance

By Kate Yerxa, Extension Educator

You may have seen dairy foods that are lactose reduced, or lactose free. But what does that mean? What is lactose?

Lactose is the sugar (or carbohydrate) in milk. Our bodies need a certain enzyme to break down lactose. When our bodies do not make enough of this enzyme, we cannot digest lactose well. That results in side effects of gas, bloating or diarrhea.

Lactose intolerance is not a milk allergy. Just because a person has lactose intolerance, doesn't mean that they can't consume dairy foods. Most people with lactose intolerance can consume some dairy foods and not have any side effects. These foods, like natural cheeses, contain less lactose and are tolerated better than other dairy foods. Natural cheeses include:

- Cheddar
- Colby
- Mozzarella
- Monterey Jack

- Parmesan
- Swiss

Other types of dairy foods that people with lactose intolerance can eat include lactose-reduced milk, lactose-reduced cottage cheese and lactose-reduced ice cream.

People with lactose intolerance can also take a pill that contains the enzyme you need to break down lactose. When you take the enzyme pills before you eat dairy foods, you do not experience the uncomfortable side effects. You can purchase this pill without a prescription.

For more information about lactose intolerance, visit the National Dairy Council's website: <https://www.nationaldairycouncil.org/> or the Maine Dairy and Nutrition Council's website: <http://drinkmainemilk.org/>.





Kid's Korner

Just Say "No" to Raw Cookie Dough!

Eating uncooked foods can make you sick!



When you prepare homemade cookie dough, cake mixes, or bread, you may be tempted to taste a bite before it is fully cooked. Avoid this temptation since these uncooked foods can make you sick!

Did you know?

Flour is a raw agricultural food product and it hasn't been treated to kill germs. These germs are killed when food made with flour is cooked. This is why you should never taste or eat raw cookie dough or batter.

In addition, raw eggs that are used to make raw dough or batter can contain germs that can make you sick if the eggs are eaten raw or lightly cooked.

Remember to clean up thoroughly after handling flour, eggs or raw dough:

- Wash your hands for 20 seconds with warm water and soap.
- Wash bowls, utensils, countertops and other surfaces with warm, soapy water.

Adapted from "Raw Dough's a Raw Deal and Could Make You Sick," retrieved December 11, 2017 from <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm508450.htm>. Updated November 28, 2017.



Ask Eat Well

Laurie Colton

Community Education Assistant, Aroostook County

Laurie Colton has worked for the University of Maine Cooperative Extension Eat Well Nutrition Education Program for 21 years. She loves sharing her knowledge of nutrition with families and youth in northern Aroostook county.



When Laurie isn't working, she enjoys spending time with her husband of 17 years and their two beautiful, yellow Labs, along with her five grown children and 10-month-old grandson. She also enjoys walking, snowshoeing, cross-country skiing and hiking.

Q. I have heard a lot about vitamin D in the news. Where do I find vitamin D in foods and why is vitamin D important?

A. Vitamin D isn't found in many foods. You can get it from fortified milk, fortified cereal and fatty fish such as salmon, mackerel and sardines. If these are foods that you don't consume regularly, you might want to check with your doctor to see if a supplement is right for you.

Vitamin D is important because it is necessary for building and maintaining healthy bones. Calcium, which is our bones' main component, can only be absorbed by the body when vitamin D is present.



Eat Well! is published four times a year for current, past and future UMaine Extension EFNEP program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD. **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; Alyssa Adkins, Nutrition Education Professional; Christine Finemore, Community Education Assistant; and Brenda Bracy, Community Education Assistant.

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Food Safety Corner

Molds on Cheese

By Kathy Savoie, Extension Educator

Molds are microscopic fungi that live on plant or animal matter. Some molds can cause allergic reactions and respiratory problems. A few molds, in the right conditions, can produce poisonous substances that can make you sick. Although you

can see molds on the surface of foods, you cannot see the “root” threads of molds that have invaded the food deeply. Follow the chart below to know what to do when you find molds on cheese.

CHEESE TYPE	WHAT TO DO?	REASON
Hard cheese (such as cheddar, Swiss, provolone, Gouda and Colby)	Use, but first cut off at least 1 inch around and below the mold spot (keep the knife out of the mold itself so it will not cross-contaminate other parts of the cheese). After trimming off the mold, re-cover the cheese in fresh wrap.	Molds generally cannot penetrate deep into the product because of the low moisture content of hard cheeses.
Cheese made with mold (such as Roquefort, blue, Gorgonzola, Stilton, Brie and Camembert)	Discard soft cheeses such as Brie and Camembert if they contain molds that are not a part of the manufacturing process. If surface mold is on hard cheeses such as Gorgonzola and Stilton, cut off mold at least 1 inch around and below the mold spot and handle like hard cheese (above).	Molds that are not a part of the manufacturing process can be dangerous.
Soft cheese (such as cottage, cream cheese, Neufchatel, chevre, Bel Paese)	Discard	Foods with high moisture content can be contaminated below the surface. Moldy soft cheese can also have bacteria growing along with the mold.
Crumbled, shredded and sliced cheese (all types)	Discard	Shredded, sliced, or crumbled cheese can be contaminated by the cutting instrument.

Adapted from: “Molds on Food: Are They Dangerous?”, Retrieved December 10, 2017, from https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/molds-on-food-are-they-dangerous_/, revised August 2013.



Quick and Easy Eat Well Recipe

Skillet Lasagna



Ingredients

- 8 lasagna noodles (or 4 cups of any other type of pasta), uncooked
- 1 (15 ounce) carton ricotta or cottage cheese
- ½ cup grated Parmesan cheese
- 1 ¼ tablespoons Italian seasoning
- 1 jar (24 oz.) spaghetti sauce
- 10 ounces of frozen, thawed spinach (squeeze dry) or chopped broccoli
- 2 cups shredded mozzarella cheese

Directions

1. Cook the noodles as directed on the package. Drain and set aside.
2. In a small bowl, mix the ricotta cheese, ¼ cup Parmesan cheese, and Italian seasoning.
3. Do NOT turn on stove top until all layers have been added.
4. Spread half of the jar of sauce in an un-greased deep-dish skillet. Top with half the cooked noodles (4 lasagna noodles).
5. Spread half of the cheese mixture over noodles. Top with half the spinach or broccoli.
6. Sprinkle half of the mozzarella cheese over the vegetables.
7. Repeat with the remaining noodles, the remaining cheese mixture, the remaining sauce, the vegetables, and the remaining mozzarella cheese.
8. Sprinkle with the rest of the parmesan cheese. Cover.
9. Turn on stove top to medium low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving. Refrigerate leftovers.

Makes 8 Servings Serving Size: 1½ cup Cost per Recipe: \$10.58 Cost per Serving: \$1.32

Nutrition Facts

8 servings per container
Serving size 1/8 lasagna(276g)

Amount per serving

Calories 320

% Daily Value*

Total Fat 11g 14%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 720mg 31%

Total Carbohydrate 34g 12%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 398mg 30%

Iron 2mg 10%

Potassium 487mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.