



June 2014

June is National Dairy Month

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. Dairy products like milk contain nine essential nutrients, including calcium and potassium, which may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. From protein to help build and repair the muscle tissue of active bodies to vitamin A to help maintain healthy eyes, dairy products are natural nutrient powerhouses. Those are just a few of the reasons that you should celebrate dairy not just in June but all year long.

How much dairy do you need every day? For good health, it is recommended that people 9 years and older consume three servings of low-fat or fat-free dairy each day. However, on average, people are consuming only about two servings of dairy a day. Discover [30 ways](#) to get more dairy into your diet.

Whether in a glass, bowl or plate, low-fat dairy foods make mealtime complete. Try new [healthy meal ideas](#) that include dairy. No matter how you choose to include dairy foods in your meals, they provide the great taste you want with the good health you need.

Want to learn more? Check out [June Dairy Month History](#) and dig deeper into the science behind the health benefits of [Milk + Milk Products](#).

Move of the Month

Hula Hoop Yourself Thin

Start with basic hula hoop moves until you feel comfortable and then step up to more advanced ones, mixing and matching for your own personal head-to-toe tone-up. Do any combination of moves for 30 minutes (you'll burn 150 to 250 calories per workout) three times a week for four weeks and you'll lose three to six inches all over your body!

For a good workout, buy a hoop for adults, which is larger and heavier—and therefore easier to use—than the kind made for kids. If you're a newbie, aim for one that's at least 40 inches in diameter and weighs one to two pounds. www.Health.com

Recipe of the Month Mini Chile Relleno Casseroles



HealthyEating.org recipe. Photo by Ken Burris

Ingredients:

- 2 (4-ounce) cans diced green Chiles, drained and patted dry
- ¾ cup frozen Corn, thawed and patted dry
- 4 Scallions, thinly sliced
- 1 cup shredded reduced-fat Cheddar cheese
- 1 ½ cups fat-free Milk
- 6 large egg Whites
- 4 large Eggs
- ¼ teaspoon Salt

Preparation:

Preheat oven to 400°F. Coat 8 six-ounce or 4 ten-ounce heatproof ramekins with cooking spray and place on a baking sheet.

Equally divide green chiles, corn and scallions among the ramekins. Top each with cheese. Whisk milk, egg whites, eggs and salt in a medium bowl until combined. Divide the egg mixture evenly among the ramekins.

Bake the mini casseroles until the tops begin to brown and the eggs are set, about 25 minutes for six-ounce ramekins and about 35 minutes for 10-ounce ramekins.

