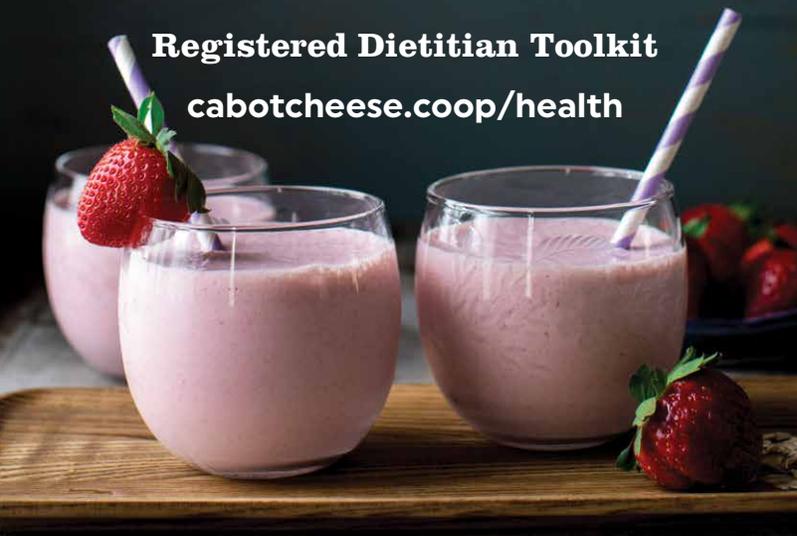




Dairy FAQs

Registered Dietitian Toolkit

cabotcheese.coop/health



Dear Supermarket RD,

Nutrition is a dynamic science. We learn more every day about how food can promote good health and prevent disease. As fellow Registered Dietitians, we understand how keeping up with the latest research and sorting through the nutrition "noise" can be a challenge. The good news is that the more we learn, the more we can feel confident in the golden rules of nutrition, which include dairy as one of the cornerstones of good health.

The goal of this toolkit is to answer some of the frequently asked questions related to dairy, to equip you with answers that are based on sound science, and to provide delicious recipes that include dairy. We hope you find this information helpful.

Sincerely,

Sara Wing, RD
Director, Wellness & Community Programs
Cabot Creamery Cooperative

Check out cabotcheese.coop more information and consider signing up for our e-newsletter and become a fan on Facebook!

Dairy FAQs

Why dairy?

- Milk, and milk products, contain a package of nutrition for good health, including calcium, potassium, phosphorus, protein, vitamins A, D, and B12, riboflavin, and niacin.
- Diets rich in dairy have been shown to control blood pressure, prevent bone disease, including osteoporosis, and help people manage their weight.
- While some non-dairy beverages, like almond or soy milk, are a good source of plant protein, these beverages are fortified and do not offer the same package of healthy nutrients found in dairy. These milk alternatives can also have a high sugar content.
- Dairy is a great option for those trying to increase protein for satiety and to help maintain muscle and bone mass as we age.
- Many full-fat dairy foods offer the same health benefits as reduced-fat options. In general, dietary fat promotes the feeling of fullness and for that reason may prevent overeating. A good tip is to be mindful of portions when choosing full-fat dairy foods to enjoy. Foods should not be evaluated by a single nutrient, but rather the complete package of nutrition. Dairy is proven to be a great source of vitamins and minerals for good health.
- Cultured dairy foods, like yogurt and sour cream, contain probiotics. Probiotics are live microorganisms that may have health benefits. Among these benefits are improving gut health and helping one to feel full. Probiotics may also help lower cholesterol and relieve the symptoms of lactose intolerance.

Does lactose intolerant mean no dairy?

- Aged cheeses, such as Cabot's naturally aged cheddar, contain 0 grams of lactose. In fact, unlike many other dairy products, cheese is very low in lactose. Most contain less than 1 gram per serving and should not cause any lactose intolerance related symptoms.
- If you are lactose intolerant, Greek yogurt might just be for you! During its production, much of the lactose is removed. In comparison to the 12 grams of lactose in a cup of milk, our Greek yogurt contains only 5 grams of lactose per 8-ounce serving. Additionally, the live active cultures, also called probiotics, inside Greek yogurt help digest lactose! Start with a little and build up as your body adjusts.
- A milk allergy is very different than an intolerance. An allergy is a reaction to milk protein (e.g. casein) and is triggered by the immune system. Individuals with a true milk allergy should avoid milk and milk products. It's best to get a diagnosis from an allergist with continued regular checkups, as milk allergies may be outgrown.

Gluten Free?

- All of Cabot's products are gluten-free with the exception of our spreadable cheddars and deli cheese that is repacked at your local grocery store.
- Visit cabotcheese.coop for our gluten-free recipe collection.

Antibiotics & rBST

- Cabot never uses milk that contains antibiotics for our products. At Cabot, we conduct tests for antibiotics on all milk prior to entering our plants, following strict federal and state laws and regulations.
- For consumers who wish to purchase products derived from cows not treated with rBST, Cabot offers a wide selection of cheese and other dairy products. Check the label for information about the rBST status of a particular product. An rBST-free icon on the package means that the product was produced with milk from cows not treated with rBST. If there is no icon, the rBST status of the product cannot be assured.

**NO Artificial
GROWTH
HORMONE**

For more Dairy Q&A check out cabotcheese.coop/faq



Naturally
LACTOSE-
FREE

GLUTEN-
FREE



6 WAYS CHEESE CAN HELP YOUR BODY

One serving of cheese contains many of the essential nutrients your body needs, including:

CALCIUM	 Helps build and maintain strong bones and teeth.	15% DAILY VALUE
PROTEIN	 Helps build and repair muscle tissue.	14% DAILY VALUE
PHOSPHORUS	 Helps build and maintain strong bones and teeth, supports tissue growth.	15% DAILY VALUE
VITAMIN B12	 Helps with normal blood function, helps keep the nervous system healthy.	20% DAILY VALUE
PANTOTHENIC ACID	 Helps your body use carbohydrates, fats and protein for fuel.	45% DAILY VALUE
NIACIN	 Used in energy metabolism in the body.	15% DAILY VALUE

The % Daily Value (DV) 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.

www.nationaldairycouncil.org/
@NtlDairyCouncil



Source: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrition/dnl>. Low moisture, part skim mozzarella (101029)
© 2017 National Dairy Council®

Breakfast

Ham & Veggie Egg Cups

Serves 6

2 cups chopped cooked vegetables and meat, such as mushrooms, ham, peppers and scallions
6 oz. Cabot Seriously Sharp Shredded Cheddar Cheese (about 1½ cups)
10 large eggs
1 Tbsp. chopped dill or chives
1½ tsp. tarragon or oregano
½ tsp. salt
½ tsp. ground pepper

COAT a muffin tin generously with cooking spray or grease with softened Cabot butter. Preheat oven to 350°F. **DIVIDE** vegetables and meat evenly among the muffin tin wells. Top with Cabot cheddar, dividing evenly. **BEAT** eggs, dill or chives, tarragon or oregano, salt and pepper in a blender on medium speed until combined, but not overly foamy, 10 to 15 seconds. Pour the egg mixture over the veggies and cheddar, dividing evenly. **BAKE** until the egg cups are just set up and puffed, 17 to 19 minutes.

NUTRITION FACTS: Calories 160, Total Fat 10g, Sat. Fat 4g, Sodium 481mg, Carb 3g, Dietary Fiber 1g, Protein 14g



Satisfying Snack

Apple Oatmeal Bars with Cabot Cheddar

Serves 12 bars

1 cup plus 2 Tbsp. flour
½ cup quick cooking oats
2 tsp. baking powder
2 tsp. cinnamon, divided
2 eggs
1 cup unsweetened apple sauce
¼ cup Cabot Plain Greek Yogurt
½ cup honey
4 Tbsp. Cabot Unsalted Butter, melted and cooled
1 sweet firm apple, peeled and diced
1 Tbsp. sugar
4 oz Cabot Two State Farmers' Shredded Cheddar Cheese
½ cup chopped walnuts, divided

PREHEAT oven to 350° degrees. Coat an 8 by 8-inch baking dish with cooking spray. **WHISK** whole-wheat flour, oats, baking powder and 1½ teaspoon cinnamon in a medium bowl. **WHISK** eggs, applesauce, yogurt and honey in a medium bowl then whisk in butter. Add the flour mixture to the applesauce mixture and stir with a spatula until moistened. **SPREAD** about ⅔ of the batter out into the prepared pan. Toss apples with sugar and the remaining ½ teaspoon cinnamon to coat. Layer apple mixture over the batter. Layer on cheddar and about half of the walnuts. Dot the remaining batter evenly over the walnuts, cheddar and apple layers. Top with the remaining ¼ cup walnuts. **BAKE** until puffed and browned on top and springs back when lightly touched, 47 to 52 minutes. Let cool completely before slicing into 12 bars. Store with layers of waxed paper between bars in an airtight container at room temperature for 3 days or in the freezer for 1 month.

NUTRITION FACTS: Cal. 240, Total Fat 12g, Sat. Fat 5g, Sodium 160mg, Carb 30g, Dietary Fiber 3g, Protein 7g



Gluten-Free

Chicken Fajita Bowls with Pineapple Black Bean Salsa

Serves 6

- | | |
|---|---|
| 1 cup raw brown rice | 2 bell peppers (any color), cut into thin strips |
| 1 Tbsp. chili powder | 1 large onion, cut into thin strips |
| 1 ½ tsp. ground cumin | 4 oz Cabot Adirondack Cheddar, Cabot Pepper Jack, Cabot Seriously Sharp Cheddar or Cabot Jalapeño Light Cheddar, grated (about 1 cup) |
| 1 ½ tsp. garlic powder | ¼ cup Cabot Lowfat Plain Greek Yogurt |
| 1 tsp. sweet paprika | |
| ¼ tsp. salt | |
| 1/8 tsp. freshly ground pepper | |
| 1 lb. boneless skinless chicken breasts, trimmed and cut into 1-inch pieces | |
| 2 Tbsp. olive oil, divided | |

MAKE salsa and set aside. **COOK** rice according to package directions. **COMBINE** in medium bowl, chili powder, cumin, garlic powder, paprika, salt and black pepper. Add chicken and toss until evenly coated; set aside. **HEAT** 1 tablespoon of oil in large skillet over medium heat; add peppers and onions and cook, stirring often, until slightly softened, about 7 minutes. Transfer vegetables to separate bowl and set aside. **ADD** remaining tablespoon of oil to skillet; when oil is hot, add chicken and cook, stirring and turning pieces occasionally, until cooked through to center, about 10 minutes. Remove from heat. **LAYER** about ½ cup hot rice, ½ cup vegetables, ⅔ cup salsa and 2 to 3 ounces of chicken in bowl for each serving; top with some of cheese and dollop of yogurt.

NUTRITION FACTS: Cal. 387, Total Fat 15g, Sat. Fat 6g, Sodium 212mg, Carb 31g, Dietary Fiber 4g, Protein 33g



Lactose-Free

Slow-Cooker Mexican Quinoa Casserole

Serves 6

- | | |
|--------------------------------|---|
| 1 cup water | 1 tsp. cumin |
| 1 cup uncooked tricolor quinoa | 1 tsp. chili powder |
| 1 cup frozen bell pepper blend | ½ tsp. salt |
| ⅔ cup salsa verde | 1 tsp. lime juice |
| 1 Tbsp. chopped fresh cilantro | 6 oz Cabot Pepper Jack, grated (about 1 ½ cups) |

COMBINE all ingredients from water through lime juice in a slow cooker. Cook on HIGH about 3 hours or until liquid is absorbed and quinoa is tender. Top with cheese and let stand until melted. Garnish as desired.

NUTRITION FACTS: Calories 242, Total Fat 10g, Sat. Fat 5g, Sodium 543mg, Carb 26g, Dietary Fiber 3g, Protein 12g



Since 1919, the farm families of Cabot Creamery Co-operative have been passionate about making the world's best cheese and dairy products. We use only the purest ingredients to craft our creamy, mouthwatering classics. Just maybe, that's why we've won every major award for taste.

Learn more at cabotcheese.coop

