Dairy foods provide calcium in a form that your body can use, which is key to a healthy diet. Dairy foods also provide nutrients, such as protein, phosphorus, and riboflavin.

Calcium is a mineral that your body uses to build bones and teeth, regulate muscle contractions, help prevent osteoporosis, reduce levels of hypertension, and lower the risk of colon cancer.

How much?
The Institute of Medicine recommends different dairy intake for each age group, as shown below.

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<tr>
<th>AGE</th>
<th>MG/DAY</th>
<th>SERVINGS</th>
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<td>4-8</td>
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<tr>
<td>9-18</td>
<td>1,300</td>
<td>4</td>
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<tr>
<td>19-50</td>
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<tr>
<td>51+</td>
<td>1,200</td>
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Did you know? Whole milk and skim milk have the same amount of calcium.

Where do I get natural calcium?

- **Milk**
  - 8 oz. glass: 300mg calcium
- **Yogurt**
  - 8 oz. cup: 250mg calcium
- **Cabot Extra Sharp Cheddar**
  - 2 oz. serving: 400mg calcium

- Nearly half of all children ages 3-5 aren’t getting enough calcium
- 50% of your bones are being built in the teen years
- 9 out of 10 women and girls do not get enough calcium
It is essential that kids get enough calcium in their diet. Vitamin D is also important to be able to absorb calcium into your body. Lack of Vitamin D can cause a disease called Rickets. You can obtain Vitamin D by exposing your hands, face, and arms to sunlight for as little as 5-15 minutes a day, for about 2-3 times a week. Eggs and milk are also good sources of Vitamin D.

**CALCIUM RICH FOODS**

Identify these calcium rich substances 1-5 in the drawings below:

- 
- 
- 
- 
- 
- Draw your own picture of a calcium rich food
**Fun clues and tasty treats ideas to fuel your body**

Read the clues, one sentence at a time to your family or friends to see if they can guess the healthy snack.

When you are all done, build a healthy snack together with 2 to 5 of your favorites or only the ones that you guessed right! See the Cabot Healthy Snacks pages for a few tasty ideas.

**Bell Pepper**
I grow in a rainbow of colors – green, orange, red and yellow. I have cousins who are very spicy, but I have a mild, sweet flavor. I’m common in stir-fry, fajitas, soups and salads, but I also taste good if you eat me as crunchy slices. *What am I?*

**Black Beans**
I am small, shiny and black and I’m a great source of protein and fiber. I can be stuffed into a burrito, tossed into a salad, or eaten plain with a little cheese sprinkled on me. *What am I?*

**Bread**
I smell wonderfully good when I’m freshly baked. I’m an everyday food made from flour, salt and water. I sometimes have seeds, nuts or herbs baked into me. You might have a slice of me for toast or a sandwich. *What am I?*

**Broccoli**
I look like a tiny, green tree and I’m an excellent source of vitamins and fiber. I’m related to my brother, the cauliflower, and I am an excellent snack if you dip me in some ranch dressing. *What am I?*

**Carrots**
I am a popular snack food and I’m perfect for dipping. I grow underground and am pulled out when I’m ready to be eaten. I’m very crunchy and rabbits love to nibble on me. *What am I?*

**Celery**
I am a green stalk that makes a loud crunchy noise when you bite down into me. I’m high in fiber and low in calories, which makes me a healthy snack option. Lots of people like to smear peanut butter on me. *What am I?*

**Cheddar Cheese**
I can be many different flavors; mild to sharp tasting. I’m made from milk, which makes me a good source of calcium and I melt nicely between two slices of bread. *What am I?*

**Chicken**
I am a good source of protein. The lighter my color, the healthier I am. I can be grilled, baked, fried or even tossed into a salad. You might recognize me in “strips.” I am raised on a farm before I come to your kitchen. *What am I?*

**Corn**
I am a vegetable that grows on tall stalks throughout the United States. My ears are a popular food at summer barbecues, but I can also be used to make cereal, tortillas, and syrups to make foods taste sweet. *What am I?*

**Cream Cheese**
I taste slightly tangy and am white colored. Sometimes flavorings like fruits or herbs are added to me. People spread me on bagels and crackers. I am also an important ingredient in cheesecake. *What am I?*
SNACK ATTACK!

**Cucumber**
I am a long, green vegetable. I have an almost watery taste and crunch when you bite into me. I’m common in salads and on sandwiches. I can also be made into pickles. What am I?

**Grapes**
I’m a small, round and juicy fruit that grows in clusters on vines. I can be eaten fresh or used to make jelly and juice. I come in many shades of green and purple. What am I?

**Milk**
I am a healthy beverage that is high in calcium. I taste best when I’m very cold. People like to pour me over cereal. When you have dinner with your family, make sure to have me on the table, too. If you drink me, I’ll give you strong bones. What am I?

**Nuts**
I make a quick and easy high protein snack all by myself. I can also be added to other foods to make trail mix, granola or cookies. Besides protein, I’m rich in good fats, fiber and Vitamin E. What am I?

**Peanut Butter**
I’m one-half of a classic sandwich that everyone loves to eat. If you eat me, I may get stuck in your teeth until you take a drink of cold milk to wash me down. I’m made from a type of nut and you can mix me with jam, jelly or honey. What am I?

**Pretzels**
My shape makes me a unique member of the grain group. You’ll find me in the shape of a three looped knot or twisted braid. I can be soft or hard and am sometimes coated in salt, chocolate or yogurt. What am I?

**Raisins**
I am the dried version of a popular fruit. You might see me baked into bread or added to cereal, but I’m also good alone as an easy snack. If you’ve ever had “ants on a log” you’ll know me. I am the “ants.” What am I?

**Strawberry**
I am a delicious, bite-sized, red summer fruit. I have tiny, yellow seeds all over my skin and a leafy green hat on my top that you have to take off before you can eat me. I grow in patches on a farm or in a back yard. What am I?

**Tortilla**
I am a round, flat bread made from either corn or flour. I am an important ingredient in many Mexican meals, like a burrito. I can be rolled up, folded in half or cut in triangles to make chips. What am I?

Your Snack Ideas:

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE

CREAM CHEESE
Bean-Cheese Spirals
Makes about 24 spirals

1 (15-ounce) can black beans, rinsed and drained
2 tablespoons olive oil
1 tablespoon fresh lime juice
2 teaspoons ground cumin
2 rectangular sheets soft whole wheat lavash bread or other wrap breads
4 ounces Cabot Chipotle, Sharp or Extra Sharp Cheddar, grated (about 1 cup)
Tomato salsa (optional)

Mash beans, oil, lime juice and cumin into coarse puree with potato masher or fork; spread half over each lavash. Sprinkle with cheese. From wide side, roll up tightly. Wrap and refrigerate until ready to serve. Cut off 1-inch slices. Place cut-side-down and microwave just until warm (about 20 seconds for 4). Serve with tomato salsa for dipping if desired.

Nutrition Analysis: Calories 210, Total Fat 12g, Saturated Fat 4g, Sodium 420mg, Carbohydrates 18g, Dietary Fiber 4g, Protein 10g, Calcium 169mg

Bean-Cheese Spirals
Makes about 24 spirals

Lettuce Roll-Ups
Makes 4 roll-ups

Washed leaves of soft lettuce, such as Boston or Red Leaf
1/4 cup shredded shaved turkey breast
1 ounce Cabot Sharp Light Cheddar or Sharp Cheddar, grated (about 1/4 cup)
1/4 cup grated carrot

In center of lettuce leaf, mound about a tablespoon of each ingredient. Roll up and eat.

Nutrition Analysis: Calories 40, Total Fat 2.5g, Saturated Fat 1.5g, Sodium 105mg, Carbohydrates 1g, Dietary Fiber 0g, Protein 3g, Calcium 58mg

Be sure to keep pre-washed and separated lettuce leaves on hand so older children can assemble straight from the fridge.
<table>
<thead>
<tr>
<th>Bell Pepper</th>
<th>Cucumber</th>
<th>Apples</th>
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<tbody>
<tr>
<td>Black Beans</td>
<td>Grapes</td>
<td>Cranberries</td>
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<tr>
<td>Bread</td>
<td>Nuts</td>
<td>Cinnamon</td>
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<td>Broccolli</td>
<td>Peanut Butter</td>
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<tr>
<td>Carrots</td>
<td>Pretzels</td>
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<tr>
<td>Celery</td>
<td>Strawberry</td>
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<tr>
<td>Cheddar Cheese</td>
<td>Tortilla</td>
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</tr>
<tr>
<td>Chicken</td>
<td>Turkey</td>
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<tr>
<td>Cream Cheese</td>
<td>Lettuce</td>
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</tbody>
</table>
Pizza Crisps
Makes 1 serving

4 whole-grain or regular saltines, preferably unsalted
4 teaspoons marinara sauce
Additional favorite pizza toppings, such as cooked broccoli, turkey pepperoni, shredded chicken or drained pineapple
4 heaping teaspoons Cabot Sharp Light Cheddar, grated

On each cracker, spread 1 teaspoon marinara sauce and add other favorite toppings. Sprinkle with cheese. Place on plate and microwave just until cheese is melted, about 10 seconds.

Nutrition Analysis: Calories 100, Total Fat 4g, Saturated Fat 2g, Sodium 270mg, Carbohydrates 12g, Dietary Fiber 1g, Protein 4g, Calcium 76mg

Visit our website for a video tutorial.

Warm Cheese Dunk
Makes 2 servings

⅛ cup milk
1 teaspoon cornstarch
4 ounces Cabot Sharp Light Cheddar or Monterey Jack, grated (about 1 cup)
Fresh veggies and whole wheat “dipping” pretzel sticks

In small bowl, stir together milk and cornstarch until cornstarch is dissolved (tilt bowl to make sure no lumps remain). Microwave until boiling and thickened, about 40 seconds. Whisk in cheese until well combined. Return to microwave for 10 second intervals, whisking each time, or just until cheese is melted and blended. Serve with veggies and pretzel sticks for dunking.

Nutrition Analysis: Calories 240, Total Fat 19g, Saturated Fat 11g, Sodium 380mg, Carbohydrates 9g, Dietary Fiber 0g, Protein 15g, Calcium 441mg

Visit our website for a video tutorial.
<table>
<thead>
<tr>
<th>Cinnamon</th>
<th>Pretzels</th>
<th>Cheddar Cheese</th>
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<tbody>
<tr>
<td>Cranberries</td>
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<td>Apples</td>
<td>Nuts</td>
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<td>Lettuce</td>
<td>Grapes</td>
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<td>Turkey</td>
<td>Cucumber</td>
<td>Broccoli</td>
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<td>Tortilla</td>
<td>Cream Cheese</td>
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<td>Strawberry</td>
<td>Chicken</td>
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<td>Bell Pepper</td>
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</table>
Eat to win

If you want to score big on tests or in the game, it’s important to choose the foods your body needs. Without top-level fuel, you won’t perform your best. What you eat – and what you drink – can make a huge difference.

For strong muscles and bones, your growing body needs 3 servings a day of dairy. This will provide it with the protein and calcium it needs to excel in everything you do. Need an extra boost? Exercise will help to build up your energy and load those bones with calcium as well. The more you can move – the better.

Did you know that nearly half of all bone is formed during the teen years?

Your growing bones crave calcium. If you miss out on this mighty mineral in dairy, your bones won’t reach their full growth potential.

Bones are kind of like a bank account. You can deposit and save calcium so you’ll have enough to draw on when you’re older. If you skimp on calcium now, you’ll have less calcium stashed away when you need it. That means in the years ahead, you may be more likely to break a hip or have a hunched-over appearance – something called osteoporosis.

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Test your Dairy IQ

Take this quick quiz to see if you can spot the mega-myths about dairy. Check out the answers on the back.

1. Now that I am older, I only need to drink one glass of milk daily to get the calcium my body needs.
2. Walking is an exercise that will keep my bones strong.
3. Calcium is not only used by my body for bones and teeth, but also to make my muscle and nerves work.
4. If I am lactose intolerant, I shouldn’t eat dairy.
5. Skipping breakfast helps me stay thin and boosts my energy.
**BE A CABOT All-Star Chef**

Why sit on the side-lines watching others prepare food for you? You can help to make your body leaner and stronger by showing off in the kitchen. Use the 5 tips below to reach All-Star status on the field, in the classroom or in your own home.

1. Your snack or meal is made up of foods from two or more food groups.
2. It contains no more than one ingredient from the fats, oils and sweets group.
3. It includes a high-fiber food such as whole-grains, fruits, vegetables, dry beans, nuts and seeds.
4. It is a low-fat snack or the fat has been reduced.
5. It is easy to prepare and tastes good!

**TIPS FOR Tolerance**

Instead of ditching dairy if you think you may be lactose intolerant, try these tips:

**START SMALL.** Try smaller and more frequent portions of milk and drink milk with a meal or snack instead of on an empty stomach. Most people are fine with drinking 1 cup of milk or less at a time.

**REDUCE IT.** Look for lactose-reduced or lactose-free dairy products.

**SAY CHEESE, PLEASE.** More than half of the lactose is removed when cheese is made. Aged hard cheese like Cheddar, Colby, Swiss and Parmesan contain little or no lactose and are easier to digest.

**GET A LITTLE "CULTURE."** You probably won’t have any trouble with cultured dairy products like yogurt, which contain “friendly” bacteria that help your body digest lactose.

**GO TO THE PROS.** These tips may not apply to everyone. Follow the advice of your doctor or consult a registered dietitian.

**Calcium Counts**

Be sure you give your body some TLC Tender Loving Calcium. Your daily goal: 1,300mg of calcium or about the amount in 3 to 4 servings from the Milk Group. That means milk, yogurt or cheese. Your choice. Check out how easy and tasty it can be!

- 1 serving = 1 cup of milk/300 mg Calcium
- 1 cup of yogurt/300 mg Calcium
- 1 1/2 oz of cheese/300 mg Calcium

**Munch Bowl**

Makes 1 serving

- ¼ cup red or green grapes
- ½ ounce Cabot Sharp Light Cheddar or Monterey Jack, cubed
- Heaping tablespoon roasted almonds

To make one serving: combine in small bowl.

**Nutrition Analysis:** Calories 140, Total Fat 9g, Saturated Fat 3g, Sodium 90mg, Carbohydrates 11g, Dietary Fiber 1g, Protein 6g, Calcium 128mg

**Most fresh fruit will work well in this simple-to-serve snack idea. Remember to quarter grapes if younger children are on hand.**

**TEST YOUR DAIRY IQ / Answers**

1. **FALSE.** Dairy foods are more important than ever. Now is when your bone growth shifts into high gear, so you need to feed your bones plenty of calcium every day. That means 3 servings of dairy daily.
2. **TRUE.** You need to stay active to keep bones strong as well! Weight bearing exercise like walking, soccer or dancing and resistance training like weight lifting. These activities cause the muscles to tug on bones which encourage bone growth. (Swimming and bicycling do not count.) To keep bones strong exercise a minimum of 30 minutes, 3 days a week.
3. **TRUE.** Calcium is a mineral that your body uses not only for bones and teeth, but also to make your muscles flex and nerves conduct. So in order to keep your brain and body working properly, make sure your body gets the calcium it needs.
4. **FALSE.** Not all dairy contains lactose. Hard cheese like cheddar & parmesan have 0 grams of lactose which means you can eat them even if you are lactose intolerant. Other dairy products you should try include yogurt or lactose-free milk. (See “Tips for Tolerance” above)
5. **FALSE.** Your body needs fuel! By skipping breakfast it is harder for your mind to think and your body to move. Research also has proven that people who skip breakfast not only do poor on tests but gain more weight over a lifetime.
Calcium-rich foods such as milk, cheese and yogurt should be consumed three times a day for children to develop healthy bones. Since bones and muscles can't survive on calcium alone, remember to exercise a minimum of 30 minutes a day for best results.

Count the number of calcium-rich servings you eat each day this week in the chart below. Also list the days you exercise a minimum of 30 minutes. Have your friends and family do the same.

<table>
<thead>
<tr>
<th>Name</th>
<th>Mon</th>
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**Key**

- Cheese
- Milk
- Yogurt
- Exercise
Exercise improves strength, balance and coordination which helps reduce falls and injuries for your entire life. It also helps build energy and stamina. The more you move the better! Here are a few things to try:

- 25-40 minutes of aerobics three or more times a week
- Stretching at least twice a week
- Sports that involve running and jumping to increase heart rate and flexibility – while also building bones

**Try these yoga poses**

**Upper Body Strengthening**
*Downward Facing Dog*

Start on your hands and knees. Spread your fingers far apart and straighten your legs and arms to bring your body into an upside-down “V.” Relax your head and look through the space between your legs.

**Wheel or Bridge**

Lie on your back and bend your knees so that your feet are flat on the floor right beneath your sit bones. Clasp your hands beneath your back and straighten your arms. Use your legs to push your body off the floor and tuck your chin to your chest, creating a half-circle with your body. To come down, slowly lower your body.

**Advanced Poses:**
*Triangle Pose*

Stand with your hands and legs open, like a star. Turn your right foot out 90-degrees and bend at the hip to touch your right arm to right ankle. Repeat on left side.

*Challenge: Hold this pose without holding onto your ankle or touching the floor!*

**Lower Body Strengthening**
*Warrior I*

From a tall standing pose, step forward with one foot. Turn the back foot out to a 45-degree angle. Reach your arms straight up to the sky and bend your front knee until it is directly over the front ankle. Repeat on alternate side.

**Benefits of yoga:**

*Yoga is an activity that provides many benefits for the mind, body & soul at all fitness levels.*

**BODY**
- Develops strength and flexibility
- Increases balance, awareness and coordination

**MIND**
- Relieves tension, stress and built-up energy
- Increases concentration, focus and attention
- Promotes thinking and memory

**SOUL**
- Builds confidence and self esteem
- Enhances team skills and social interaction
- Inspires respect for self and others
Help your family with their balance

We all need balance in our lives. Home and school life balance, food and exercise balance… how well balanced is your family?

Exercise to find out about your bodies balance

1. Stand straight, wear flat, closed shoes, with your arms folded across your chest. Raise one leg, bending the knee about 45 degrees, start a stopwatch and close your eyes.
2. Remain on one leg, stopping the watch immediately if you uncross your arms, tilt sideways more than 45 degrees, move the leg you are standing on or touch the raised leg to the floor.
3. Repeat this test with the other leg.

Now compare your performance to the norms for various ages:

- 20 to 49 years old: 24 to 28 seconds
- 50 to 59 years: 21 seconds
- 60 to 69 years: 10 seconds
- 70 to 79 years: 4 seconds
- 80 and older: most cannot do it at all

If you are wise, whatever your age, you will want to strive for the norm of those younger than 50. To increase stability and strengthen the legs, stand with feet shoulder-width apart and arms straight out in front. Lift one foot behind, bending the knee at 45 degrees. Hold that position for five seconds or longer, if possible.

Repeat this exercise five times. Then switch legs. As you improve, try one-leg stands with your eyes closed.

You can also incorporate one-leg stands into your daily routines – while on the telephone, for example, brushing your teeth, waiting in line or for a bus.

Now how can your family help you understand your credit union account balance?
WHAT YOU NEED TO KNOW ABOUT SLEEP

Your brain needs ZZZs

Not only is sleep necessary for your body, it’s important for your brain, too. Though no one is exactly sure what work the brain does when you’re asleep, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between the ages of 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

When your body doesn’t have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an argument with a friend over something really stupid. A school assignment that’s normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don’t, you may not grow as well. That’s right, researchers believe too little sleep can affect growth and your immune system - which keeps you from getting sick.

Here’s a great site about what sleep is and why all kids need it: http://kidshealth.org/kid/stay_healthy/body/not_tired.html

How to catch your ZZZs

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.
- Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don’t have a TV in your room. Research shows that kids who have one in their rooms sleep less. If you have a TV, turn it off when it’s time to sleep.
- Don’t watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don’t exercise just before going to bed. Do exercise earlier in the day - it helps a person sleep better.
- Use your bed just for sleeping - not doing homework, reading, playing games, or talking on the phone. That way, you’ll train your body to associate your bed with sleep.

If you have a hard time falling asleep for more than one or two nights or have worries that are keeping you from sleeping, tell your mom or dad. They can help you solve your sleep problems. In fact, just talking about it with them could help you relax just enough (yawn) that you’ll be ready to sleep.

Zzzzzzzzzzzzzzzzzzzz.
Since 1919, generations of farm families who own Cabot Creamery Cooperative—now 1,200 strong throughout New England and New York—take great pride in producing world-class cheddar. Trust us to give you the highest quality dairy products because our family farmers get 100% of profits.

Find more online. cabotcheese.coop