

# USDA Foods Fit Dairy

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



**Move to low-fat or fat-free dairy milk or yogurt.**



Consuming dairy products provides health benefits — especially building and maintaining strong bones. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Some foods made from milk, such as sour cream, cream cheese, and butter, have a high fat content and little calcium.

## Health Benefits

Calcium and vitamin D are important nutrients at any age. Intake of dairy products that contain these nutrients help to:

- Improve bone health especially in children and adolescents, when bone mass is being built.
- Promote bone health and prevent the onset of osteoporosis in adults, most of whom do not get enough of these nutrients.



Source: [MyPlate.gov/eat-healthy/dairy](https://www.MyPlate.gov/eat-healthy/dairy)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711  
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Food and Nutrition Division  
Commodity Supplemental Food Program

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# Quick and Easy Recipes

## Baked Eggs & Cheese

**Makes 4 servings**

### Ingredients

- 1 tablespoon Oil
- 6 Eggs
- ½ cup Milk
- ½ cup Cheese, grated
- 1 teaspoon Garlic powder
- 1 ½ teaspoon Oregano

### Instructions

1. Preheat oven to 350°F.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.



Add your favorite vegetables such as onions, peppers, or greens, to dress up this cheese and egg dish or serve with fresh salsa. Place baked eggs with beans in a tortilla for a quick breakfast taco.

## Basic Custard

**Makes 4 servings**

### Ingredients

- 1 Egg
- 2 tablespoons Sugar
- 1 cup skim milk (or reconstituted non-fat dry milk)
- ½ teaspoon vanilla (optional)

### Instructions

1. Beat together egg and sugar in a baking dish.
2. Add milk and flavorings. Mix thoroughly.
3. Set baking dish in a shallow pan of hot water.
4. Bake at 350° F until the tip of a knife inserted in the center of the custard comes out clean (50 -60 minutes). Do not overcook. Eat warm or refrigerate for later.



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