



### Moo-re About Dairy (Whole Fat versus Low Fat)

In the recent years there has been some chatter about the possible benefits of consuming whole fat dairy products, instead of low-fat dairy products. This idea has caused a lot of confusion because, as a population, we're commonly advised to avoid saturated fats and consume low-fat dairy products. So the question is – what is truly best for our health, whole fat or low-fat dairy?

First, let's review some benefits of dairy foods. One glass (8 ounces) of milk contains:

- A significant source of calcium, phosphorus, Vitamin A, Vitamin B12, potassium, riboflavin and more!
- 8 grams of protein!

Yogurt and cheese contain several of the same nutrients as milk. Yogurt is also a great source of probiotics, which are important for good gut health.



#### Current Guidelines

The current Dietary Guidelines for Americans advises adults to consume three cups of dairy a day. The guidelines state that “healthy eating patterns include *fat-free and low-fat* (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages.” Part of the reason for this is, fat-free and low-fat dairy products have less calories – the same nutrients but less fat.

It's also important to note that the current recommendation is to get “less than 10 percent of calories per day from saturated fats.” Whole milk is a significant source of saturated fat.

#### What does the research show?

The general answer to this dairy dilemma is – it's complicated! While there is research showing benefits to eating whole fat dairy, it is fairly minimal. On the other hand, there is a lot of research showing the benefits of consuming low-fat dairy. There is also a lot of research about the benefits of some dairy products compared to others (for example, milk vs. yogurt).

Most research agrees on the fact that saturated fats are not created equal, which is due to differences in fatty acids. Fatty acids are the building blocks of fats in our bodies and different types of fats contain different fatty acids. Differences in type and combination of fatty acids causes different effects within our bodies. Dairy fat is a bit different than other types of saturated fat which is partly why research has been done on this topic.

Currently, research has *not provided enough evidence* on the benefits of saturated fat in dairy to change recommendations. For now, stick to the recommendation of three cups of low-fat dairy a day.

Article Source:  
Dennett, Carrie. "The Truth About Dairy Fats - Today's Dietitian Magazine." *Today's Dietitian*, Oct. 2016, <https://www.todaysdietitian.com/newarchives/1016p26.shtml>.  
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## Better Living for Texans Newsletter

September 2019

### Local Events

#### Cooking Well with Diabetes Series:

- When: Mondays & Thursdays, September 16, 19, 23, 26
- Where: Texas A&M AgriLife Office  
1200 W. Houston  
Sulphur Springs, TX
- Time: 6:00 p.m.
- Sessions include: Carbohydrate Foods, Making Recipes with Fat Better for you, Double-Pleasure Side Dishes- Reducing Sodium & Increasing Fiber, and Celebrating Sensibly with Diabetes
- Call 903-885-3443 to sign up

#### 2019 Walk & Talk

- When: Wednesdays, October 16, 23, 30, November 6, 13, 20, December 4, 11 (celebration day!)
- Where: ROC (Recreation Outreach Center), 115 Putman, Sulphur Springs
- Time: 9:00 a.m.
- Nutrition tips, cooking demonstrations, give-aways, and walking indoors together
- There is no charge for this, but each attendee will receive a gift each week.

#### 2019 Christmas Joys Program

- When: Monday, November 4, 2019
- Where: Southwest Dairy Museum
- Time: 1:30, repeated at 5:30 p.m.
- Demonstrations on craft ideas, decorating, gift-giving, recipes, & more
- Must call to reserve a seat: 903-885-3443
- \$5 payable at the door covers, booklet of all demonstrations & recipes, goody bag, refreshments, and chance for door prizes

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### Recipe of the Month

Source: Better Living For Texans

#### Triple Berry Smoothie

(2 servings)

##### Ingredients

- ½ cup strawberries, fresh or frozen
- ½ cup blueberries, fresh or frozen
- 1 banana
- ½ cup fat-free yogurt
- 1 cup low-fat milk
- ½ cup ice cubes



##### Directions

1. Wash your hands and clean your cooking area.
2. Wash strawberries and blueberries.
3. Blend banana, ice, yogurt, milk and berries together until a smooth drink is formed.
4. Pour into a cup and enjoy a very fruity, healthy smoothie.

**Nutrients Per Serving:** 170 calories, 2 g total fat, 1 g saturated fat, 8 g protein, 32 g carbohydrates, 3 g dietary fiber, 22 g total sugars, and 85 mg sodium

**Total Cost per serving:** \$0.90

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