

# In Good Health

## Johnson County

June 2024  
Vol 2 Issue 6

### Upcoming Events

**Join us for a class, visit us at an event!**

**Dig Your Dinner: LIVE!**

**June 15 | 9:00 AM - 11:00 AM**

**Food Preservation 101**

**June 17 | 6:00 PM - 7:30 PM**

**Picnic and Camping Food**

**June 20 | 6:00 PM - 8:00 PM**

**Kids in the Kitchen Summer Camp,**

**July 9-11 | 9 AM - 12 PM**

**Food Preservation 101: Learn to Can!**

**July 13 | 9:00 AM - 12:30 PM**

**Summer Frozen Treats**

**Thursday, July 18, 2024 | 6:00 PM - 8:00 PM**

**Scan the QR code or visit  
[bit.ly/EMFVEvents](https://bit.ly/EMFVEvents)  
to Register!**



**K-STATE**

Research and Extension

Master Food Volunteer  
Johnson County

**Need a speaker? Have questions about food or  
nutrition or our classes? Contact Us!  
[foodhelp@jocogov.org](mailto:foodhelp@jocogov.org)**

### Featured Article

From a young age we have been taught the importance of calcium for strong bones. We were probably told a time or two to drink our milk to help our bones grow nice and strong. Calcium is indeed an essential nutrient for strong bones, however, there are several other nutrients that play an important role in developing and keeping our bones healthy as we age. Vitamin D, protein, magnesium, phosphorous, and potassium also play a critical role in developing strong bones and preventing osteoporosis (deterioration of the bones). Of these, vitamin D and protein are two of the nutrients to highlight. Vitamin D is essential for helping our bodies absorb the calcium we consume and regulate levels of calcium and phosphorus in our blood. Proteins are the building blocks of life and build our muscles, skin, and bones. Protein is the foundation of our bones which other nutrients build upon!

So how much calcium do I need? It varies based on age and if you are male or female. The Recommended Dietary Allowance (RDA) of calcium for adults 51 or older is about 1,200 milligrams (mg) per day. Most adolescents need around 1,300 mg per day as that is peak time for growth and bone development. Foods that are rich in calcium and protein provide a two-for-one benefit for our health. Examples of these foods include canned salmon (with the bones) or sardines, beans, dairy products (cheese, yogurt, cottage cheese, milk), leafy greens, and nuts. Other calcium rich foods include fortified beverages, oranges, broccoli, and edamame. Be sure to also supplement your nutrient-dense diet with weight-bearing exercises like walking or weight training as that helps not only keep your bones strong but can help maintain a healthy body weight and prevent other chronic diseases.

In Good Health,  
Chelsea Reinberg, MPH, RDN  
Nutrition, Food Safety, and Health Agent

# Recipe of the Month

## Frozen Greek Yogurt Bark

Serves 16



### Ingredients

- 3 cups plain Greek yogurt
- 1/4 cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 2 cups mixed berries of choice
- 1/2 cup chopped pecans

### Preparation

1. Line a baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl.
3. Spread on the prepared baking sheet into a 10-by-15-inch rectangle.
4. Scatter the berries on top and sprinkle with pecans.
5. Freeze until very firm, at least 3 hours. To serve, cut or break into pieces.

### Tips:

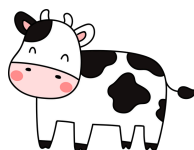
- If using sweetened vanilla Greek yogurt, omit maple syrup.
- Use any type of fruit or toppings you like. Try a variety of nuts, seeds, chocolate, chips, shredded coconut, or granola. The possibilities are endless!

*Contact us for nutrition information*

# Fun Food Facts

## June is National Dairy Month

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus. Dairy is the richest source of calcium. To absorb the same amount of calcium as you get from one cup of milk, you would have to eat either: 10 cups of raw spinach, 6 servings of pinto beans, 3 cups of cooked broccoli, 8 cups of cooked lentils, or 5.5 whole oranges



## Kitchen Corner

Don't let the labels in the dairy aisle confuse you! Cheese, milk, and yogurt are all nutrient rich. Cheese has 8 essential nutrients, yogurt has 9, and milk has 13 essential nutrients.

### Milk

1 cup of milk, no matter the type and including lactose free contain all 13 essential nutrients and the same 8 grams and 13 grams of carbohydrates. What varies in milk is the amount of fat content.



### Yogurt

There are many different types of yogurts available. Traditional yogurt smoother and less thick and contains around 10 grams of protein per cup. Greek yogurt and Icelandic-Style (Skyr) are a thicker and contain more protein than the traditional style containing 19 and 24 grams of protein. Make sure you read the nutrition label and watch out for added sugars! Sweetened yogurts are a common source of added sugars in the diets.