

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

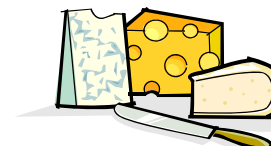


*Ideas For Eating Better For Less . . . .*

*May 2008*



## Cheese & Yogurt



- Milk products are important for good health especially for building and maintaining strong bones.
- Cheese and yogurt are milk products that contain fat and cholesterol so choose fat-free and low-fat yogurt and low-fat cheese.
- Fat-free and low-fat yogurt and low-fat cheese are good substitutes for milk for individuals who do not like milk or have trouble drinking milk (lactose-intolerance).

### **Cheesy Rice and Tomatoes** Serves 6

2 tablespoons oil

1 medium onion, chopped

3 stalks celery, chopped

1/2 green pepper, chopped (optional)

2 cups canned tomatoes (1 pound can)

3 cups cooked rice

2 cups finely shredded low-fat cheddar cheese



1. Heat oil in skillet.
2. Add onion, celery, green pepper and cook slowly until tender.
3. Add 2 cups tomatoes, 3 cups cooked rice and 2 cups chopped cheese.
4. Cover and cook on low heat until cheese melts and mixture is hot.

NUTRITION FACTS (per Serving) - Calories 230 ~ fat 7 g ~ calories from fat 60 ~ sodium 380 mg ~ total carbohydrate 29 g ~ fiber 2 g

### **Yogurt-Dill Dressing** Serves 8

6 oz. (3/4 cup) or 8 oz. (1 cup) plain low-fat yogurt

1 tablespoon finely chopped onion

1 teaspoon lemon juice

1/2 teaspoon dill weed, crushed

1/4 teaspoon dry mustard

1/8 teaspoon garlic powder

1. Mix all ingredients thoroughly.
2. Chill until served.
3. Serve over salad greens.

NUTRITION FACTS (per 2 Tablespoons) -  
Calories 20 ~ fat 0 g ~ calories from fat 5 ~  
sodium 25 mg ~ total carbohydrate 3 g ~  
fiber 0 g



### **Low-Fat Vegetable Dip**

Makes 32 Tbsp.

1 cup low-fat cottage cheese

1 cup nonfat yogurt

1 packet dry salad dressing mix

1. Mix all ingredients in a blender or mash cottage cheese with a fork before mixing with yogurt and salad dressing mix.
2. Chill 1 hour to allow flavors to blend.
3. Serve with fresh vegetables.

NUTRITION FACTS (per 1 tablespoon) -  
Calories 20 ~ fat 0 g ~ calories from fat 0 ~  
sodium 85 mg ~ total carbohydrate 1 g ~  
fiber 0 g



## **How Much is Needed?**



**Amount that counts as 1 cup in the milk group:**

### **CHEESE**

1 1/2 ounces hard cheese (1/3 cup shredded) – cheddar, mozzarella, Swiss, parmesan  
2 ounces processed cheese (2 1/2 - 3 slices; 1/2" slice of loaf) – American

**YOGURT** 1 cup



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