

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



UNIVERSITY OF MINNESOTA | EXTENSION



June 2016

Cottage Cheese

Add more protein, calcium, vitamin D and other nutrients to your meals with cottage cheese.

Choose nonfat or lowfat cottage cheese!

	Calories	Fat
Nonfat (skim) cottage cheese	80	0 gms
Lowfat (1%) cottage cheese	90	1.0 gms
2% cottage cheese	100	2.5 gms
Whole milk cottage cheese	220	5.0 gms

Based on 1/2 cup servings

Top a slice of whole wheat toast with...

- Thin tomato slices and cottage cheese
- Cottage cheese, peach slices and a sprinkle of cinnamon sugar. Broil in the oven for 1 minute.



COTTAGE CHEESE DIP

Blend 1 cup cottage cheese and 1/4 teaspoon lemon juice together in a blender.

- Season with chopped chives or dried dill weed and serve on a baked potato.
- Mix together blended cottage cheese with tomato salsa. Dip whole grain crackers or veggies in this dip.

Cottage Cheese Salads

Delicious with summer fruits!

Start with...

Cottage cheese on crisp chopped lettuce

Add one or more fruits...

- Cantaloupe or watermelon slices
- Sliced strawberries
- Chopped grapes
- Banana or peach slices



More salads...

- Cottage cheese with chopped cucumbers and dried dill weed or black pepper
- Cottage cheese with crushed pineapple
- Chopped summer fresh tomatoes on cottage cheese—sprinkle with black pepper
- Mix together 1/2 cup cottage cheese with 1/2 cup canned tuna (drained). Serve on chopped lettuce.

Veggie Idea

Spread cottage cheese on a whole wheat cracker. Top with your favorite cut up vegetable.

Keep in mind that cottage cheese has 380 mg of sodium in a 1/2 cup. Cottage cheese can be part of a healthy diet by including lower sodium foods into your day's meals such as fruit, vegetables, lowfat milk and lean meats.

Summer Drinks

Add color and fun to your water this summer!

Create your own flavored water

Add slices of fruit, vegetables or herbs to a pitcher of cold water. Keep the pitcher of water in the refrigerator. Pour a glass when you're thirsty.



Add a slice of fruit or veggie:

- Cucumber
- Pear or peach
- Pineapple
- Strawberry
- Orange
- Lemon or lime

Try fresh herbs in water:

- Mint leaves
- Basil

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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

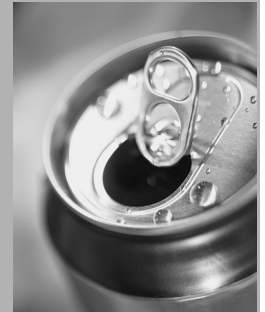
This resource was funded in part by USDA's Supplemental Nutrition Program - SNAP. SNAP provides nutrition assistance to people with low income.



For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>

Half of all Americans drink a sugary drink every day.

Some of us drink more than one 12 ounce can a day. There are approximately 10 teaspoons of sugar and 140 calories in each can of regular pop. You wouldn't want to eat that much sugar. Why drink it? Drinking a lot of sugar and calories may lead to obesity and other health problems.



Choose water first when you are thirsty!