A Milk Mystery

TRUE or FALSE: Skim milk has more calcium than whole milk.

If you answered FALSE, you may be a dairy dunce. But have no fear, many people get this wrong. The fact is, the less fat milk contains, the more calcium it has.

Why? Well, it’s simple really. Fat molecules take up a lot of space, leaving less room for other nutrients. When you take the fat away, there’s more room for other nutrients like calcium.

And FYI, per 8 oz. serving, whole milk contains 276mg of calcium, 2% milk contains 285 mg, 1% milk contains 290mg, and skim milk contains 306mg. Drink up!
Nutrition & Health: Sodium In Your Diet

Many Americans are trying to cut down on sodium in their diets. This is because decreasing sodium intake can decrease high blood pressure in some people.

About one in four Americans has blood pressure that is too high. This increases their risk of getting a heart attack or stroke. We don't know who will develop high blood pressure, but we do know that many Americans eat more sodium than they need.

In addition to high sodium intake, other factors increase your chances of having high blood pressure. You are more likely to have high blood pressure if other people in your family have high blood pressure or if you are overweight.

What is Sodium?
Sodium is a mineral that the body needs in small amounts. It is found in foods mostly as sodium chloride. Sodium chloride is another name for table salt. One teaspoon of salt contains about 2,000 milligrams (mg) of sodium.

How Much Sodium Do I Need?
Your body needs only a small amount of sodium. Most health experts agree that we should keep our sodium intake at about 2,400 mg or less. This is the amount of sodium in a little more than 1 teaspoon of salt. Most Americans consume much more sodium than this.

Where Is Sodium Found in My Diet?
Sodium occurs naturally in many foods and is also added in processing. Most sodium added to foods comes from salt. Other ingredients and food additives contain sodium as well. Fact: About 1/3 of the sodium in our diets is from salt we use in cooking or add at the table.

Foods high in sodium include:

- Salty snacks and crackers
- Processed cheeses
- Salted, smoked, or cured meats
- Pickled or canned fish
- Canned soups and meats
- Pickles, sauerkraut, and relishes
- Condiments -- check nutrition labels

Use these foods less often to cut down on sodium in your diet.

Source: Bobroff, Linda, Nutrition for Health and Fitness: Sodium in Your Diet, FCS8129, University of Florida

Money Matters: Doing Things Together For Le$$

Take advantage of local public resources:

- Spend time together at the park.
- Go for hikes or bike rides.
- Go for a family picnic.
- Go swimming at the local pool, lake, ocean or springs.
- Take advantage of free programs offered by the library, museums, and community bands or orchestras, or other free community events.
- Check out books, music and videos for free from the library.

Find cheaper entertainment at home:

- Have a family game night.
- Rent or borrow movies, pop some popcorn, and have a family movie night at home.
- Bake or cook together as a family.
- Read stories to one another.
- Go on evening walks together.

Help your children learn new skills and ideas:

- Teach children how to garden.
- Teach children craft skills you enjoy and spend time doing these together.
- Teach children about issues that are important to you, such as politics, news, the environment, or others.

Source: "Managing in Tough Times" handbook, UF/IFAS Extension