



**1% Milk, UHT**  
MyPlate Food Group: **Dairy**



**Nutrition Information**

- Dairy is milk, cheese, and yogurt.
- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.
- For specific information about milk, please refer to the product’s Nutrition Facts Panel or ingredient list.

**Uses and Tips**

- UHT stands for “ultra high-temperature” processing. UHT milk is milk that has been treated with heat so that it does not need to be refrigerated until after it is opened.
- UHT milk and nonfat dry milk (mixed with water) can be used in place of fresh milk in recipes or as a chilled beverage.

**Storing Foods at Home**

- Store unopened milk in a clean, cool, and dry place. The milk does not need to be refrigerated until it is opened.
- After opening the milk, store it in the refrigerator.
- Check the expiration date on the container to ensure milk is consumed in a timely manner.

**MyPlate Facts**

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.



## USDA Foods

### **Au Gratin Potatoes**

*Makes 8 servings*

#### **Ingredients:**

6 medium potatoes, peeled and sliced  
into ¼ inch slices  
1 cup onion, chopped  
1½ cups cheddar cheese, shredded  
2 tablespoons butter or margarine  
4 tablespoons flour  
1 teaspoon salt  
black pepper  
2 cups 1% UHT milk

#### **Directions:**

1. Lightly coat a large casserole baking pan with oil or cooking oil spray.
2. Place a layer of potatoes in pan, using approximately ¼ of potatoes.
3. Sprinkle layer with ¼ cup chopped raw onion, ¼ of the cheese, ½ tablespoon margarine or butter, 1 tablespoon flour, ¼ teaspoon salt, and a sprinkling of black pepper.
4. Repeat steps 2 and 3, making a total of 4 layers.
5. Heat milk over low heat for 2-3 minutes.
6. Pour warm milk over all ingredients in casserole dish.
7. Bake at 350 degrees F for 1 hour.

*SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.*

### **Breakfast Burritos**

*Makes 4 servings*

#### **Ingredients:**

4 eggs  
¼ cup 1% UHT milk  
salt, pepper, and chili powder to taste  
1 teaspoon oil  
4 (10-inch) flour tortillas  
1 cup fat-free refried beans  
½ cup cheddar cheese, shredded  
1 tomato, chopped

#### **Directions:**

1. Mix eggs, milk, and seasonings in a bowl.
2. Heat oil in skillet over medium-high heat.
3. Stir in the eggs and cook until firm.
4. Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
5. Warm the refried beans in a separate pan.
6. On each tortilla, layer ¼ of refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half, and enjoy!

*Recipe adapted from FoodHero.org*