

**A**dult  
Lesson  
Plan Handouts



## TIPS FOR INCLUDING LOW FAT OR FAT-FREE DAIRY FOODS IN YOUR DAILY FOOD CHOICES

- Instead of water, stir a cup of low fat or fat-free milk into soup.
- Turn your coffee into a latte by mixing some espresso or strong coffee with a cup of low fat or fat-free milk.
- Toss 1½ ounces of shredded low fat cheese into a salad.
- Blend a cup of low fat or fat-free plain yogurt with your favorite fruit to make a smoothie.
- Mix a cup of low fat or fat-free plain yogurt with seasoning for a veggie dip.
- When eating away from home, ask for low fat or fat-free milk to drink along with your meal instead of the usual soft drink or iced tea.
- Add nonfat dry milk to puddings.
- Cook with low fat or fat-free buttermilk.
- Use fat-free evaporated milk in recipes that call for cream or regular evaporated milk.
- When making lasagna or baked ziti, select low fat, light, or fat-free ricotta cheese.
- Try vegetable or fruit salads topped with low fat or fat-free cottage cheese.

Here is a List to Help you Select Lower Fat Dairy Products:

### Higher Fat Dairy Products

Evaporated whole milk or reduced fat (2%) milk  
 Whole or reduced fat (2%) milk  
 Regular ice cream  
 Whipped cream  
 Sour cream  
 Cream cheese  
 Cheese - American, Cheddar, Mozzarella, Swiss, Colby, Jack.  
 Regular (4%) or reduced fat (2%) cottage cheese  
 Whole milk or part skim ricotta cheese  
 Coffee cream (half and half)  
 Nondairy creamer (liquid, powder)

### Lower Fat Dairy Products

Evaporated fat-free (skim) or low fat (1%) milk  
 Low fat (1%) or fat-free (skim) milk  
 Sorbet, sherbet, low fat or fat-free ice cream or frozen yogurt  
 Whipped topping made with fat-free milk  
 Plain low fat yogurt  
 Low fat for fat-free sour cream  
 Low fat or fat-free cream cheese  
 Reduced fat, low fat, or fat-free cheese  
 Low fat (1%) or fat-free (nonfat) cottage cheese  
 Low fat (1%), light, or fat-free ricotta cheese  
 Low fat (1%) milk  
 Nonfat dry milk powder

### REMEMBER:

When looking for low fat or fat-free dairy products, look for one of these words on the label: ***low fat, light, nonfat, fat-free, or skim***  
***Reduced fat or part skim*** dairy products are NOT low fat products.

# Milk Taste Test

## Materials Local Agency Will Need to Provide:

- Two 12-cup muffin tins for the taste-test cups. Milk samples will be placed in the center row. The center row is marked A, B, C, and D from left to right to keep track of the milk samples. One muffin tin is used when the samples are presented to the taster. Use the second muffin tin to prepare samples for the next taster.
- 3-ounce opaque drinking cups (Do not use clear cups.)
- 2 clip boards to hold data sheets
- Pens to record responses
- Dark glasses to cover the taster's eyes (This will mask the appearance of the milk for tasters who do not wish to close their eyes.)
- Table (A 6-foot long table is best.)
- Box (This will make it more difficult for the tasters to see into the cups.)
- Small cooler (This is used to keep the cartons of milk chilled with frozen ice packs.)
- Large cooler with ice, or a refrigerator (This is used to store the back-up milk.)
- Fat-free, low fat (1%), reduced fat (2%), and whole milk (You will need 1 fluid ounce of each type of milk per person or about one half gallon of milk of each type of milk for 50 people. The half-gallon containers are easiest to pour.)
- Paper towels (These are used for cleaning up.)
- Garbage can with liners (This is used for used cups and other trash.)
- Peel-off stickers to put on the Taster's shirt (explained in Instructions below).

## Personnel Needed

**Volunteer 1.** Provides Taster number and prepares milk samples using Taste Test Preparation Sheet.

**Volunteer 2.** Records Taster's responses on Taste Test Response Data Sheet and reviews results with each Taster.

## Step-by-Step Instructions for Taste Tests

*Volunteers should encourage staff/clients to participate in taste tests. Challenge them to take the test to see if they like the taste of whole, reduced fat (2%), low fat (1%) and fat-free (skim) milk. The test will only take a few minutes, but could help them cut a lot of calories, fat, and saturated fat from their diets.*

1. Volunteer 1 begins by giving the Taster a peel-off sticker with a number on it to put on the Taster's shirt. Use numbers 1-20. Repeat these numbers if more than 20 people will be doing the taste test.
2. Volunteer 1 then records the Taster number in the designated space on the Taste Test Response Data Sheet and gives this Data Sheet to the Taster who will, in turn, give it to Volunteer 2.

3. Volunteer 1 then prepares milk samples for the Taster out of the view of the Taster. The Volunteer first puts out four empty cups into cups A, B, C, and D for the muffin tin. Then the Volunteer pours the appropriate type of milk into each cup as indicated on the Taste Test Preparation Sheet for that Taster number. He or she then places the muffin tin on top of the box with cup A to their left.
4. Volunteer 1 then gives the sample cups to Volunteer 2 to administer the taste test.
5. Volunteer 2 asks the Taster to close his or her eyes or put on dark glasses.
6. Volunteer 2 asks the Taster the following questions and then records the information on the Taste Test Response Data Sheet: the age of the Taster, the type of milk the Taster usually drinks, and how often.
7. Volunteer 2 then serves the milk samples to the Taster. Volunteer 2 tells the Taster: *I'd like you to taste 4 kinds of milk. One is fat-free or skim, which has no fat; one is low fat or 1%, which has very little fat; one is reduced fat or 2%, which is fattier; and one is whole milk also called vitamin D or regular milk which has the most fat. You'll taste them in random order and I'll hand you one cup at a time. After tasting each sample, I'll ask you to identify the type of milk and to tell me if you like it. This is not a comparison test. We want you to guess based on the taste of each type of milk individually and not in comparison to the others. We also want you to determine the type of milk from the taste and not from the appearance, so please close your eyes or put on these dark glasses.*
8. Volunteer 2 then hands the Taster milk cup A. After the Taster drinks the milk, ask "Do you like it?" Then ask, "What type of milk was that? Fat-free (skim), low fat (1%), reduced fat (2%) or whole?" The Taster must guess before you offer the next milk sample. Don't remind the Taster of the previous guess. It is okay for the Taster to make the same guess more than once. Volunteer 2 records the response. Repeat these steps for cups B, C, and D. To ensure accurate results, Volunteer 1 should always present the cups in the order of A to D (from left to right in the muffin tin).
9. Only the original guess will be counted. Again, this is not a comparison test. If the Taster insists that you change a guess after tasting subsequent samples, write their second guess in the comments column followed by the letter of the sample. Do not change the original response. Any comments such as, "They all taste the same," or "I like them all," should also be noted in the comments section.

After the Taster finishes tasting all of the milk samples, Volunteer 2 should briefly discuss the results with the Taster. This is a terrific opportunity to talk to staff/clients about the importance of good nutrition and encourage them to switch to either low fat or fat-free milk. Focus first on the taste of the milk samples. Determine the lowest fat milk the Tasters liked and encourage them to switch to it if it is low fat or fat-free milk. If the lowest fat milk that the Tasters liked was reduced fat (2%) or whole, suggest that they wean themselves to a lower fat milk to decrease their chance of developing heart disease. Stress that switching the type of milk they drink is one of the easiest things they can do to take control of their health. Examples of responses follow:

If the Tasters could not tell the difference between the milks or said they liked the taste of fat-free:

- Suggest that they switch to fat-free milk. It has all the vitamins and calcium, but not the fat, of whole or reduced fat milk.

If the Taster likes the taste of low fat milk:

- Point out that low fat and fat-free milk are the only low fat milks. The low fat claim on reduced fat (2%) milk seems deceptive since reduced fat milk does not meet the government's definition of low fat. Congress gave reduced fat milk a special exemption from the food labeling law.
- Suggest that they switch to low fat milk. It is much lower in calories and saturated fat than whole or reduced fat milk. Note: Fat-free milk is even better. Low fat milk still gets 20% of its calories from fat, while fat-free milk has none.

For those concerned about weight:

- Point out that whole milk has 160 calories and fat-free milk has 90.

If the Taster only likes reduced fat (2%) or whole milk.

- Use the food label to point out that 1 cup of whole milk has  $\frac{1}{4}$  the daily budget for saturated fat, and saturated fat is a major contributor to heart disease.
- Recommend that they gradually work their way down by first switching to reduced fat milk for 2-3 weeks. Once they become used to it, then they can switch to low fat milk.

If the Taster already drinks fat-free milk:

- Congratulate him or her for doing the heart a favor and encourage continuation of the good work.
- Suggest that he or she try to get other family members older than two years of age to try low fat or fat-free milk if they are not already drinking it.

10. If Taster agrees to change to low fat or fat-free milk or continue to drink low fat or fat-free milk, the Volunteer should put a check mark in the box at the bottom of the Taste Test Response Data Sheet.

11. Volunteers should thoroughly clean up the testing site.

**Source:**

This Milk Taste Test was modified from the Centers for Science in the Public Interest - 1% or less campaign.

# Milk Taste Test Preparation Sheet

for use by Volunteer 1

	<u>Sample A</u>	<u>Sample B</u>	<u>Sample C</u>	<u>Sample D</u>
1	Fat-free	Reduced Fat (2%)	Low fat (1%)	Whole
2	Reduced Fat (2%)	Low fat (1%)	Whole	Fat-free
3	Whole	Low fat (1%)	Reduced Fat (2%)	Fat-free
4	Low fat 1%	Reduced Fat (2%)	Fat-free	Whole
5	Whole	Fat-free	Low fat (1%)	Reduced Fat (2%)
6	Reduced Fat (2%)	Low fat (1%)	Whole	Fat-free
7	Fat-free	Low fat (1%)	Reduced Fat (2%)	Whole
8	Low fat (1%)	Reduced Fat (2%)	Whole	Fat-free
9	Reduced Fat (2%)	Whole	Fat-free	Low fat (1%)
10	Low fat (1%)	Fat-free	Reduced Fat (2%)	Whole
11	Fat-free	Whole	Low fat (1%)	Reduced Fat (2%)
12	Whole	Reduced Fat (2%)	Low fat (1%)	Fat-free
13	Reduced Fat (2%)	Whole	Fat-free	Low fat (1%)
14	Whole	Reduced Fat (2%)	Low fat (1%)	Fat-free
15	Low fat (1%)	Whole	Fat-free	Reduced Fat (2%)
16	Fat-free	Reduced Fat (2%)	Low fat (1%)	Whole
17	Fat-free	Whole	Low fat (1%)	Reduced Fat (2%)
18	Whole	Low fat (1%)	Reduced Fat (2%)	Fat-free
19	Low fat (1%)	Fat-free	Whole	Reduced Fat (2%)
20	Fat-free	Reduced Fat (2%)	Whole	Low fat (1%)

# Milk Taste Test Response Data Sheet

(for use by Volunteer 2)

Taster #: \_\_\_\_\_

Age of Taster: \_\_\_\_\_

Milk Taster Usually Drinks: **Fat-free**    **Low fat (1%)**    **Reduced Fat (2%)**    **Whole**  
 How often?    **Daily**            **Weekly**            **Monthly**            **Never**

Sample A	Sample B	Sample C	Sample D
I Liked This Sample	I Liked This Sample	I Liked This Sample	I Liked This Sample
I Disliked This Sample	I Disliked This Sample	I Disliked This Sample	I Disliked This Sample
<b>I think this sample was:</b> <b>Fat-free (skim)</b> <b>Low fat (1%)</b> <b>Reduced Fat (2%)</b> <b>Whole</b>	<b>I think this sample was:</b> <b>Fat-free (skim)</b> <b>Low fat (1%)</b> <b>Reduced Fat (2%)</b> <b>Whole</b>	<b>I think this sample was:</b> <b>Fat-free (skim)</b> <b>Low fat (1%)</b> <b>Reduced Fat (2%)</b> <b>Whole</b>	<b>I think this sample was:</b> <b>Fat-free (skim)</b> <b>Low fat (1%)</b> <b>Reduced Fat (2%)</b> <b>Whole</b>
Comments:	Comments:	Comments:	Comments:

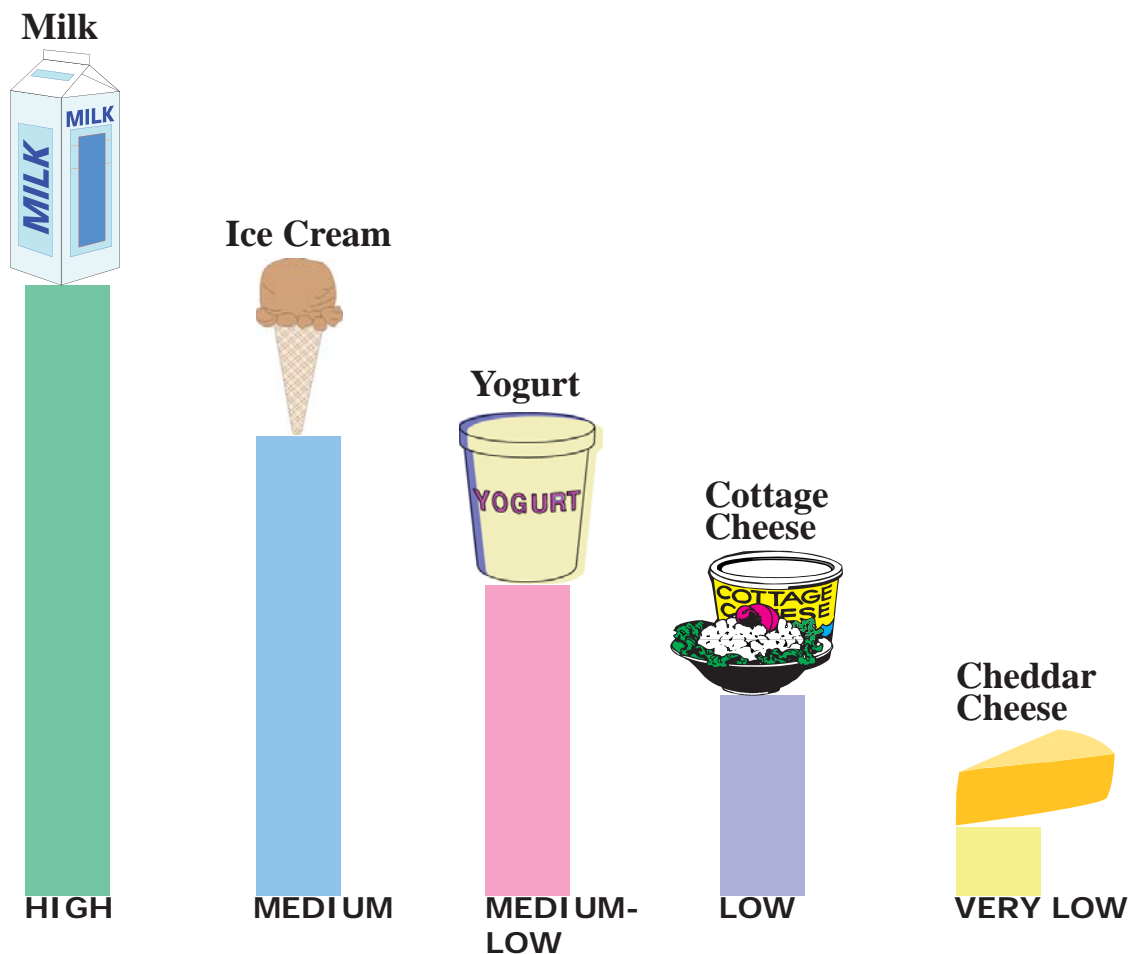
Taster Agrees to Switch or Continue Using Low fat or Fat-free Milk.

## Lactose in Dairy Foods

Some people have trouble digesting the sugar (lactose) in dairy foods. This is called lactose intolerance. Try these suggestions if you think that you have lactose intolerance:

- Eat or drink small amounts of dairy foods (1/2 cup often is well tolerated) more often, instead of eating or drinking a large amount at one time.
- Eat or drink dairy foods along with other foods at a meal or snack.
- Use foods that contain less lactose, such as lactose-reduced milk, hard cheeses, cottage cheese, or yogurt with active cultures.
- Buy foods labeled low lactose or lactose free.
- Ask your pharmacist or doctor for special drops or tablets (*lactase enzymes*) that help to digest milk.
- Introduce dairy to your diet slowly. Start with small portions and gradually work up to three servings a day.

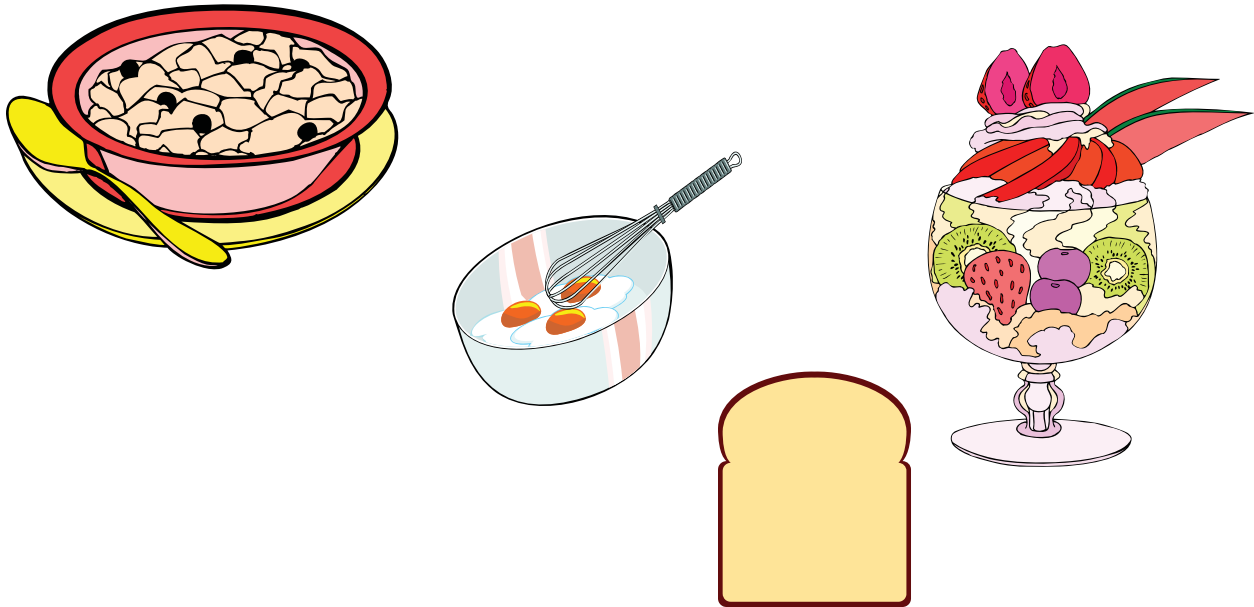
## Amount of Lactose in Dairy Foods



## Dairy Foods You Can Include at Breakfast

- Whole-grain ready-to-eat cereal with low fat or fat-free milk
- Cheese grits
- Oatmeal or other hot cereal made with fat-free milk instead of water
- Milk shake made with low fat or fat-free milk and fresh fruit
- Yogurt or yogurt smoothie
- Half of a toasted bagel or English muffin, or slice of whole wheat bread with low fat cheese melted on top
- Scrambled eggs made with low fat milk
- Low fat granola with low fat or fat-free yogurt
- Low fat cottage cheese and fruit
- Applesauce and yogurt dip (mix together applesauce and plain low fat or fat-free yogurt; add sweetener to taste). Serve as a dip for your favorite fruit

Other suggestions from the participants:



**R**EMEMBER:  
When looking for low fat or fat-free dairy products,  
look for one of these words on the label: *low fat, light, nonfat, fat-free, or skim.*  
Reduced fat or part skim dairy products are NOT low fat products.