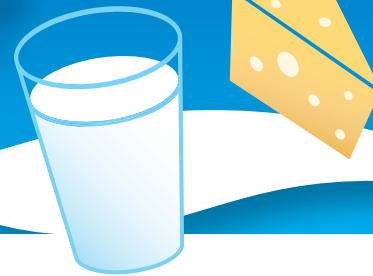


# What's new ... in **dairy** and eggs?



## Welcome

This is the fourth issue of the *What's new in Dairy and Egg?* newsletter. Previous issues are available at [www.albertamilk.com](http://www.albertamilk.com), under the link Nutrition & Education – Teachers. We encourage all CTS teachers teaching foods modules to sign up for our free semi-annual newsletter. Take advantage of the resources that Alberta Egg Producers and Alberta Milk have available for you. Sign up today by emailing [daugustyn@albertamilk.com](mailto:daugustyn@albertamilk.com).

## Dairy Products

Milk offers excellent value as it has 15 essential nutrients. Milk it is made up of 87 per cent water and 13 per cent milk solids. This 13 per cent really packs a nutritional punch because it contains minerals, vitamins, proteins, milk fat and milk sugar (lactose). The calcium, magnesium, phosphorous, vitamins A and D, and protein comprise the foundation for building bones. The other nutrients in milk have functions ranging from energy for your muscles to metabolic and physiological processes needed to maintain a healthy body. Go to [www.albertamilk.com/marketing/dairyandegg.aspx](http://www.albertamilk.com/marketing/dairyandegg.aspx) for a detailed table listing the nutrients needed for proper bone growth and development and their functions.

The amount of calcium you need each day is measured in milligrams (mg). Males and females 9 - 18 years old should consume 1300 mg of calcium every day.

## Dairy Industry

Canadian dairy farmers operate their businesses in a supply managed system where farmers produce just enough milk to meet Canadian consumer demand. A national milk production target is first set then farmers in every province work to meet this target. They guarantee a stable supply of milk to feed Canadians in exchange for a fair price for their product. For more information please visit [www.dairygoodness.ca/en/TradeAndIndustry/home.htm](http://www.dairygoodness.ca/en/TradeAndIndustry/home.htm) and follow the links within Dairy Industry Supply Management.

In order to tailor production to the needs of the marketplace, producers have a provincial marketing agency that determines the amount of milk required from each farm. Efficient producers are compensated based on the cost of producing one litre of fluid milk.

## Featured Dairy Recipe

Fresh berries and whipped cream – many students have never experienced the delightful taste and texture of real whipped cream. A natural alternative to edible oil based substitutes, whipped cream is easy to make and only takes a few minutes.

### Ingredients

<b>2 cups</b>	fresh strawberries, raspberries or blueberries	<b>500 mL</b>
<b>1 cup</b>	whipping cream	<b>250 mL</b>
<b>Dash</b>	vanilla extract	
<b>To taste</b>	sugar	

### Preparation

1. Wash berries, drain and place in a bowl. If using strawberries, slice.
2. Add whipping cream to a chilled bowl just wide enough for the beaters and whip for 2 to 3 minutes, until fluffy and soft peaks form when you pull out the beaters. Don't over beat or you will end up with butter!
3. Add sugar and vanilla to cream and stir in. Chill until serving.
4. Spoon berries into four serving bowls and top with whipped cream.

The processor receives the raw milk, pasteurizes it and makes it into a variety of quality products. Generally speaking, fluid milk is the least costly to produce because it has fewer steps.

These provincial agencies, and federal and provincial governments, ensure the safety and quality of the dairy products produced.

## Teacher Resources

Class sets of the following resources are available:

**Calcium...Do you get enough?** – A quick and easy tool to have your students calculate their daily calcium intake and learn about dairy and other calcium containing foods.

**moo2you.ca** – An informative website that tells you how dairy producers and processors get milk from the farm to the grocery shelf.

Contact [jvbosch@albertamilk.com](mailto:jvbosch@albertamilk.com) to order.

# What's new... in dairy and eggs ?

## Egg Products

What can you buy for about \$2 that will provide six or more servings from the Meat and Alternates group of Canada's Food Guide? That tall order can be met by only a very few options, one of those being eggs and they are a very good value food.

So, whether trying to stretch the food dollar at home or in your Foods class, eggs are an affordable and versatile source of high quality protein. In addition to their impressive protein content (12 grams of protein in two eggs), these same two eggs also provide 60% of one's needs for vitamin B12, 30% of folate and riboflavin needs, 20% of vitamin E needs, 15% of vitamins A and D needs, as well as 8% of iron requirements.

Contrary to what some believe, the protein is not just in the egg white but in the egg yolk as well. Similarly, some nutrients thought to be just in the yolk, are also in the white too, so all the more reason to eat the whole egg. With significant scientific research clearly pointing to the fact that for the majority of the population dietary cholesterol has no significant effect on blood cholesterol. Health professionals and organizations are now saying that healthy adults can enjoy an egg every day without increasing their risk of heart disease. It's the saturated fat and the trans fats in processed foods, not the dietary cholesterol, that increase blood cholesterol and the risk of heart disease. Eggs are low in saturated fat and do not contain trans fats.

## Egg Industry

Egg producers work hard to not only provide safe, high quality eggs, but also the types of eggs which meet consumers' needs. And the needs for different types are growing. As with any "specialty product," specialty eggs cost more than regular eggs. Specialty eggs include types such as free run, organic and omega-3 eggs.

For a large part, it is the simple economies of scale which make regular white-shelled eggs the least expensive. After all, they remain, by far, the most commonly purchased egg type (with about 95% of Albertans choosing this type). As well, specialty eggs cost more because of their greater production-related costs. For example, organic and omega-3 eggs require a different, more expensive feed while organic and free run, require a different and more costly form of housing.

## Featured Egg Recipe

### Shake and Scramble

#### Ingredients

<b>2</b>	eggs	<b>2</b>
<b>2 tbsp</b>	milk	<b>30 mL</b>
<b>¼ cup</b>	ham or smoked turkey, finely chopped	<b>50 mL</b>
<b>¼ cup</b>	green or red pepper or cooked vegetables, chopped	<b>50 mL</b>
<b>¼ cup</b>	shredded cheese	<b>50 mL</b>
<b>To taste</b>	salt and pepper	

#### Method

1. Shake ingredients in a microwaveable container; cover loosely.
2. Microwave on Medium-High for 1 - 1 1/2 minutes; stir around outside edge to move cooked eggs towards the centre.
3. Return to microwave and cook 15-30 seconds longer. (Eggs should still look a little moist.)
4. Let stand, covered, for 30 seconds. Serves 1.

Regardless, whether you are paying about \$2 for a dozen regular white-shelled eggs or double that for some specialty eggs, they are still good value for your food dollar!

## Teacher Resources

**EGGcellent Resources for Alberta Teachers 2006/07** - Resource list and order form is now available.

**All About Eggs** - The revised version of the ever-popular Eggs, Nature's Treasure

**Eggs-pose** - Frequently asked question booklet answering the most common questions about eggs and the egg industry.

Copies of these and other publications are available free of charge (other than a minimal administration/handling fee) for you and/or your students by contacting Alberta Egg Producers or order on-line at [www.albertaegg.ab.ca](http://www.albertaegg.ab.ca).

**Note:** Alberta Egg Producers will be moving effective end of July/early August to #101, 90 Freeport Boulevard NE, Calgary. All our other contact details will remain the same.



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