



Spend Smart. Eat Smart.

Milk, Cheese, and Yogurt

Smart shopping habits can cut costs

and increase the nutritional value of meals served.

Spending wisely in the dairy aisle means buying the most calcium for your dollar. According to MyPyramid and the Dietary Guidelines for Americans, individuals age 9 and up need 3 servings of dairy daily. Each serving provides about 300 mg of calcium.



Check your \$-saving skills:

1. The cheapest way to get "3 a day" of dairy foods is by buying:

- a. Cottage cheese
- b. Whole milk
- c. Yogurt
- d. Skim milk
- e. Nonfat dry milk powder

2. Lower fat dairy products are always cheaper than higher fat products.

- a. True
- b. False

3. It costs more to get your calcium from ice cream and cottage cheese than milk because

- a. You need to eat more for the same calcium
- b. It costs more per ounce
- c. Both a and b

4. Monitoring refrigerator temperatures will keep your dairy products fresher longer.

- a. True
- b. False

5. Spending the time to shred your own cheese is always cheaper than buying pre-shredded cheese.

- a. True
- b. False

(Answers on next page)

No endorsement of mentioned products or firms is intended nor is criticism implied of those not mentioned.

All prices in this publication were collected in central Iowa, Fall 2008. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.

Choices for 1 dairy serving from MyPyramid ... at varying costs:

1 cup skim milk	\$3.39 per gallon (16 cups)	= \$0.21
1 cup yogurt, frozen yogurt, or pudding	\$1.66 per 32 ounces (4 cups)	= \$0.42
2 ounces processed cheese (American)	\$3.49 for 16-ounce package (24 slices) (8 2-ounce / 3-slice portions)	= \$0.44
1½ ounces natural cheese (cheddar, Swiss, mozzarella)	\$3.58 for 8 ounces (6 1½-ounce portions)	= \$0.60
1½ cups ice cream	\$3 per 1.75 quart (7 cups) (4 2/3 1½-cup portions)	= \$0.64
2 cups cottage cheese	\$2.49 for 24 ounces or 3 cups (\$.83 per cup x 2)	= \$1.66

Spend Smart strategies for MILK

Compare unit prices—Larger containers tend to be the best buy

One gallon @ \$3.39	= 16 cups	= 21¢ per cup
One half-gallon @ \$2.39	= 8 cups	= 30¢ per cup
One quart @ \$1.79	= 4 cups	= 45¢ per cup



Protect your investment

Milk generally holds its quality for 1 week after opening **IF** it is kept refrigerated at 40°F or lower and the container is closed. (Check refrigerator temperature.) Store milk in main compartment; it is colder than door shelves. Also, check carton dates before purchasing and don't leave containers out during meals.

Switch to skim

A family of four who changes from whole milk to non-fat milk could save \$8 to \$11 per week and also shave off 5,040 calories and 518 grams of fat. If your family doesn't like skim, try mixing it with the milk you now buy and gradually increase the proportion.

Spend Smart strategies for CHEESE

Compare unit prices and be flexible

Because cheese is packaged in many sizes and forms, it is especially useful to base buying decisions on the unit price (in this case: the price per ounce). Divide the package cost by the number of ounces in the package (as shown in the examples) to find the best buy.



8-ounce package
@\$3.53 = \$.44/oz



12-ounce package
@\$2.47 = \$.21/oz



8-ounce package
@\$3.58 = \$.45/oz



6-ounce package
@\$3.99 = \$.67/oz

Stock up on sale-priced items

Check the use-by date and consider your refrigerator or freezer capacity. Cheese can be frozen if you don't mind its tendency to become crumbly.

Adjust recipes

Try using only half as much, or sprinkle shredded cheese over the top of a salad or casserole instead of using it as a main ingredient.

Spend Smart strategies for YOGURT

Check the cost of convenience

If you like the convenience of single-size cartons, watch for sales. Otherwise, larger cartons are generally cheaper when you compare the price per ounce.



32-ounce store brand non fat
@ \$1.66
= \$.05 per ounce

Add your own fruit

Fruit-flavored varieties may cost more and include jam-like fruit that adds extra sugar. Also, the sweetened fruit replaces some of the yogurt in the carton so you get less of the calcium-rich yogurt. Try buying plain or vanilla yogurt and adding your own fruit.

6-ounce store brand flavored non fat
@ \$.60
= \$.10 per ounce



Package of eight 2.25-ounce name brand portable yogurt treats (18 ounces)
@ \$2.95
= \$.16 per ounce

Plain Yogurt

Nutrition Facts	
Serving Size 6.00 ounce(s) (170g)	
Amount Per Serving	
Calories	95
Calories from Fat	3
% Daily Value	
Total Fat	0.3g 0%
Saturated Fat	0.2g 1%
Trans Fat	
Cholesterol	3.4mg 1%
Sodium	131.0mg 5%
Total Carbohydrate	13.1g 4%
Dietary Fiber	0.0g 0%
Sugars	13.1g
Protein	9.7g
Vitamin A	0%
Calcium	34%
Vitamin C	3%
Iron	1%

Fruit Yogurt

Nutrition Facts	
Serving Size 6.00 ounce(s) (170g)	
Amount Per Serving	
Calories	162
Calories from Fat	3
% Daily Value	
Total Fat	0.3g 1%
Saturated Fat	0.2g 1%
Trans Fat	
Cholesterol	3.4mg 1%
Sodium	98.7mg 4%
Total Carbohydrate	32.3g 11%
Dietary Fiber	0.0g 0%
Sugars	32.3g
Protein	7.5g
Vitamin A	0%
Calcium	26%
Vitamin C	2%
Iron	1%

Answers: Check your \$-saving skills

1. Skim milk
2. Lower fat milk generally costs less. Low fat cheeses usually cost more.
3. Both
4. True.
5. False; pre-shredded may be cheaper. Take a calculator to the store and compare unit prices.

Visit these Web sites for more ideas and information

ISU Extension SpendSmart EatSmart
www.extension.iastate.edu/foodsavings

ISU AnswerLine
www.extension.iastate.edu/answerline
(or, call 1-800-262-3804)

ISU Extension Food, Nutrition and Health
www.extension.iastate.edu/healthnutrition

ISU Extension Distribution Center
www.extension.iastate.edu/store

MyPyramid
www.mypyramid.gov/pyramid/milk.html

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... and justice for all

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File: FN 6