

Idaho Dairy

Idaho Dairy Facts

- Dairy is Idaho's #1 agriculture business.
- Idaho is the 3rd largest producer of cheese in the United States. (Feb 2014)
- Idaho is the 4th largest producer of milk in the United States. (Feb 2014)
- On average an Idaho milk cow produces over 120 cups (or 8 gallons) of milk each day.
- Dairy cows are milked for an average of 3-4 years and must have a calf each year in order to produce milk.
- If Idahoans had to drink all the milk produced in the state every man, woman, and child would have to drink 40 glasses of milk every day of the year!

Nutrition Facts

- Dairy foods provide a powerful package of nine essential nutrients – including calcium, potassium, phosphorus, protein, vitamins D, A, B12, riboflavin, and niacin.
- Calcium helps build strong bones and teeth.
- “3-Every-Day” is the easiest way to remember that three daily servings of milk, cheese, or yogurt will help most children and adults meet calcium needs while supplying an abundance of other essential nutrients.
- Consuming the recommended servings of dairy foods reduce the risk of bone fractures in growing children.



Homemade Chocolate Pudding

Ingredients:

- 1 cup sugar
- ¼ to ½ cup baking cocoa
- ¼ cup cornstarch
- ½ teaspoon salt
- 4 cups skim or 1% milk
- 1 tablespoon butter
- 2 teaspoons vanilla extract

Directions:

In a heavy saucepan, combine sugar, cocoa, cornstarch, and salt. Gradually add milk until well mixed. Bring to boil over medium heat, while stirring. Boil for about 30 seconds and remove from heat. Stir in butter and vanilla extract. Spoon into 8 individual dishes, cover, and cool. Serve warm or chilled.

Note: If you like dark chocolate, use ½ cup cocoa, if you prefer milk chocolate use ¼ cup.

Nutrition:

8 servings. Calories: 191 kcal, Calcium 158 mg, total fat 3.5 g, Sodium 212.mg.

Adapted from Taste of Home (tasteofhome.com)

