

Dairy

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

Options for 1 serving of dairy from MyPlate at varying costs:

ITEM	PACKAGE COST	COST PER SERVING
1 cup skim milk	\$3.48 per gallon (16 cups)	= \$.21
1 cup yogurt, frozen yogurt, or pudding	\$2.59 per 32 ounces (4 cups)	= \$.75
2 ounces processed cheese (American)	\$3.89 for 16-ounce package (24 slices) (8, 2-ounce / 3-slice portions)	= \$.48
1½ ounces natural cheese (cheddar, Swiss, mozzarella)	\$2.69 for 8 ounces (6, 1½-ounce portions)	= \$.45
2 cups cottage cheese	\$3.29 for 24 ounces (3 cups) (\$1.09 per cup x 2)	= \$2.19

SPEND SMART: STRATEGIES FOR MILK

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

One gallon @ \$3.48 = 16 cups = \$.21 per cup

One half-gallon @ \$1.99 = 8 cups = \$.25 per cup

One quart @ \$1.59 = 4 cups = \$.40 per cup

PROTECT YOUR INVESTMENT

The “Sell-By” date is the last day the grocery store should sell the milk. You should buy the milk on or before this date. 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. Do not leave containers out during meals.

SWITCH TO SKIM

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



SPEND SMART. EAT SMART.

spendsmart.extension.iastate.edu

CHECK YOUR \$-SAVING SKILLS:

- The cheapest way to get “3 a day” of dairy foods is by buying:
 - Cottage cheese
 - Whole milk
 - Yogurt
 - Skim milk
 - Nonfat dry milk powder
- Lower fat dairy products are always cheaper than higher fat products.
 - True
 - False
- It costs more to get your calcium from ice cream and cottage cheese than milk because
 - You need to eat more for the same calcium
 - It costs more per ounce
 - Both a and b
- Monitoring refrigerator temperatures will keep your dairy products fresh longer.
 - True
 - False
- Spending the time to shred your own cheese is always cheaper than buying pre-shredded cheese.
 - True
 - False

(Answers on next page)

All prices in this publication were collected in central Iowa, Fall 2017. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.

Copyright © 2007 Iowa State University of Science and Technology, Iowa State University Extension and Outreach.

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.

Stock up on sale-priced items. Check the use-by date and consider your refrigerator or freezer capacity. Cheese can be frozen if you do not 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.



Shredded Cheese
8-ounce package
@ \$2.69 = \$.34/oz



Sliced Cheese
8-ounce package
@ \$2.79 = \$.35/oz



Block Cheese
8-ounce package
@ \$2.69 = \$.34/oz



Cracker Cuts
7-ounce package
@ \$3.99 = \$.67/oz

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.

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.



32-ounce store brand nonfat @ \$2.89 = \$.09 per ounce

6-ounce store brand flavored nonfat @ \$.69 = \$.11 per ounce

Package of eight 2-ounce name brand portable yogurt treats (16 ounces) @ \$2.59 = \$.16 per ounce

Nutrition Facts			Nutrition Facts		
1 servings per container			1 servings per container		
Serving size 6 ounces			Serving size 6 ounces		
Amount per serving			Amount per serving		
Calories	100		Calories	160	
% Daily Value*			% Daily Value*		
Total Fat 0g	0%		Total Fat 0g	0%	
Saturated Fat 0g	0%		Saturated Fat 0g	0%	
Trans Fat 0g			Trans Fat -g		
Cholesterol 5mg	2%		Cholesterol 5mg	2%	
Sodium 170mg	7%		Sodium 100mg	4%	
Total Carbohydrate 14g	5%		Total Carbohydrate 32g	12%	
Dietary Fiber 0g	0%		Dietary Fiber 0g	0%	
Total Sugars 13g			Total Sugars 32g		
Includes 0g Added Sugars	0%		Includes -g Added Sugars	-%	
Protein 11g			Protein 7g		
Vitamin D 2mcg	40%		Vitamin D 0mcg	0%	
Calcium 300mg	25%		Calcium 259mg	20%	
Iron 0mg	0%		Iron 0mg	0%	
Potassium 530mg	10%		Potassium 330mg	8%	

Plain Yogurt

vs.

Fruit Yogurt

Answers:

CHECK YOUR \$-SAVING SKILLS

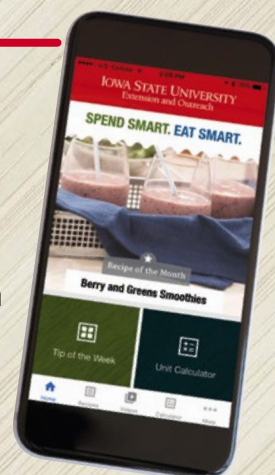
1. D—Skim milk.
2. B—False: lower fat milk generally costs less. Low fat cheeses usually cost more.
3. C—Both
4. A—True
5. B—False: pre-shredded may be cheaper. Use the calculator on your phone to compare unit prices.

EAT HEALTHY AND STICK TO YOUR BUDGET!

The Spend Smart. Eat Smart. app can help you at home and at the grocery store to

- Choose and prepare fresh fruit and vegetables
- Find recipes and meal ideas
- Compare products to find the best price

Download for free from your app store.



EXPLORE THESE RESOURCES FOR MORE IDEAS

Iowa State University Extension and Outreach

- **Spend Smart. Eat Smart.**—spendsmart.extension.iastate.edu
- **AnswerLine**—www.extension.iastate.edu/answerline (or, call 1-800-262-3804)
- **Nutrition and Wellness**—www.extension.iastate.edu/humansciences/nutrition
- **Extension Store**—store.extension.iastate.edu

Choose MyPlate—www.choosemyplate.gov



Updated by Christine Hradek, MPH, state extension specialist. Originally prepared by Peggy Martin, MS, RD, extension specialist and reviewed by Ruth Litchfield, PhD, RD, LD, extension nutritionist.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. PM 2066A | July 2020