11-2006

Milk Group: When Dairy Is a Problem

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Some people have cramping, gas, and diarrhea after eating or drinking milk products. This problem is called lactose intolerance. It signals a lack of lactase, the enzyme needed to digest lactose. Lactose is the sugar in milk. It is not easy to meet calcium needs without drinking milk. There are some nondairy foods with good amounts of calcium. An adult with lactose intolerance should aim to get the amount of calcium contained in 3 cups of milk daily.

**Salmon Patties**

1. Mix salmon, crackers, egg, and pepper together.
2. Form into patties.
3. Dip patties into cornmeal.
4. Fry in skillet greased with oil.

**Yield:** 4 servings, 1 patty each  
**Per serving:** 395 calories; 18 g fat; 93 mg cholesterol; 593 mg sodium  
**Calcium:** 1 serving equals ¼ cup milk

<table>
<thead>
<tr>
<th>Food</th>
<th>Calcium (Milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td>300</td>
</tr>
<tr>
<td>½ cup tofu, with calcium sulfate</td>
<td>435</td>
</tr>
<tr>
<td>3 ounces sardines, canned, with bones</td>
<td>325</td>
</tr>
<tr>
<td>1 cup orange juice, calcium-fortified</td>
<td>250</td>
</tr>
<tr>
<td>3 ounces salmon, canned, with bones</td>
<td>205</td>
</tr>
<tr>
<td>½ cup collard greens, cooked</td>
<td>150</td>
</tr>
<tr>
<td>½ cup tofu, without calcium sulfate</td>
<td>130</td>
</tr>
<tr>
<td>½ cup spinach, fresh, cooked</td>
<td>120</td>
</tr>
<tr>
<td>3 ounces perch, baked</td>
<td>120</td>
</tr>
<tr>
<td>½ cup dry beans, cooked</td>
<td>100</td>
</tr>
<tr>
<td>½ cup turnip greens, fresh, cooked</td>
<td>100</td>
</tr>
<tr>
<td>½ cup kale, cooked</td>
<td>90</td>
</tr>
<tr>
<td>½ cup broccoli, fresh, cooked</td>
<td>90</td>
</tr>
<tr>
<td>½ cup okra, frozen, cooked</td>
<td>90</td>
</tr>
<tr>
<td>½ cup beet greens, fresh, cooked</td>
<td>80</td>
</tr>
<tr>
<td>½ cup mustard greens, cooked</td>
<td>75</td>
</tr>
</tbody>
</table>

When Dairy Is a Problem  

Compare Nondairy Foods to Milk
**Broccoli Casserole**

2 (10-ounce) packages frozen chopped broccoli
1 (10.75-ounce) can condensed cream of celery soup or 1 cup cream soup mix plus 1¼ cup water
¼ cup chopped onion
½ cup nonfat sour cream
2 tablespoons all-purpose flour
1 cup herb-seasoned dry bread stuffing mix
1 tablespoon melted butter or margarine

1. Preheat oven to 350° F.
2. Place broccoli in a large saucepan with ½ inch water. Heat over medium-high heat until water begins to boil. Remove from heat and drain.
3. In a large bowl, mix flour into sour cream. Stir in broccoli, soup, and onion. Mix well and turn into a greased 2-quart casserole dish.
4. In a small bowl, combine stuffing mix and butter. Spread over broccoli mixture.
5. Bake in preheated oven for 30 minutes. Let stand for five minutes before cutting.

**Herbed Savory Kale**

2½ pounds fresh kale or collard greens
1 clove garlic, cut in half
1½ teaspoon salt
¼ teaspoon dried leaf marjoram
½ teaspoon pepper
½ teaspoon salt
2 tablespoon cider vinegar, divided equally
2 tablespoon margarine

1. Wash kale well. Cut off coarse stems and discard them.
2. Place kale, garlic, salt, marjoram, pepper, sugar, and 1 teaspoon vinegar in a large saucepan.
3. Cover; cook over low heat for 20 to 25 minutes or until just tender.
4. Remove garlic.
5. Add remaining vinegar and margarine.
6. Heat only about half a minute.

Serve hot.

**Yield:** 5 servings
**Per serving:** 135 calories; 6 g fat; 0 mg cholesterol; 771 mg sodium
**Calcium:** 1 serving equals ¾ cup milk

▲ **Calcium** supplements can affect how your body uses other nutrients. Check with your doctor before taking any vitamin or mineral supplement.

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Written by Kathy Daly-Koziel, former EFNEP Coordinator
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