



DAIRY FARM INC.

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NEWS  
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920 Coffman, Longmont, Colorado 80501

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.

# AUGUST

## Get Healthy with Milk!

### The Whole Milk Debate

Recent studies suggest that whole milk contains many nutritional benefits for your body that are not always offered by milk with lower fat content. Consider these recent findings that suggest whole milk is a healthy choice:

#### The fat in whole milk supports a healthy brain for all ages.

Docosahexaenoic acid (DHA) is essential for brain growth in children and in the function of adult brains.

**Low fat milk is associated with childhood obesity.** Research has found a correlation between low fat milk consumption (as opposed to whole milk) and an increased incidence of childhood obesity in preschool aged children.

#### Whole milk is associated with a lowered risk of type 2 diabetes.

Consuming trans-palmitoleic acid, or the "good fat" found in whole milk, may reduce your risk of developing type 2 diabetes, a potentially life threatening medical condition.

**Whole milk helps build muscle.** Whole milk ingested as a resistance exercise recovery drink is better at supporting muscle protein synthesis than low fat milk.

For the complete article on whole milk, visit [LongmontDairy.com/whole-milk-debate](http://LongmontDairy.com/whole-milk-debate).

#### References

- i. Lim GP, et al. A diet enriched with the omega-3 fatty acid docosahexaenoic acid reduces amyloid burden in an aged Alzheimer mouse model. *J Neurosci* 2005;25(13)
- ii. Longitudinal evaluation of milk type consumed and weight status in preschoolers. *Arch Dis Child* 2013(98)5.
- iii. trans-Palmitoleic acid, other dairy fat biomarkers, and incident diabetes: the Multi-Ethnic Study of Atherosclerosis (MESA). *The American Journal of Clinical Nutrition* 2013. (97)4.
- iv. Milk Ingestion Stimulates Net Muscle Protein Synthesis following Resistance Exercise. *Journal of the American College of Sports Medicine*.2006.(38)4.

Dear Friends,

I just looked online to see what fun things are happening in the month of August, and want to share some of my favorites! August is Family Fun Month, Peach Month, National Picnic Month, and the first week of August is "National Simplify Your Life Week."

Enough said! I would love to simplify my life by having a great picnic with my family and eating fresh Colorado Peaches! (Last summer I discovered I couldn't peel and slice peaches quickly enough to satisfy four grandkids and a daughter sitting around the kitchen counter!)

My favorite August recipe? Juicy ripe peaches sliced and swimming in fresh whipping cream (either whipped or poured right out of the bottle).

Have some fun in August with your family!

Take care till next time,

*Susan*



# 1000 RECIPES

## Very Berry Pudding Milk Shake

Change up the routine and add excitement back into your next glass of milk with this deliciously healthy drink recipe that you and your family will be sure to love. It's fast and easy to prepare as a snack or dessert. Serves 4.

1¼ cups raspberries, strawberries  
or your favorite fruit  
3½ cups Longmont Dairy milk  
1 pkg. vanilla instant  
pudding (4 serving size)

Pulse berries for 10 seconds in a blender with lid on. Add milk and vanilla pudding mix. Blend for about a minute. Serve immediately.

Variation: Try it with our chocolate milk and cherries (pitted) for an irresistibly tasty treat with a chocolate twist.

## Fruity Milk Pops

Looking for a fun and unique snack? Trade out your classic ice pop for this healthy recipe using LDF milk and fresh local fruits.

1 cup strawberries  
3 cups Longmont Dairy milk  
1 tablespoon granulated sugar

Place strawberries in blender and purée until smooth. Add milk and sugar to strawberry mix, and blend. Pour mixture into ice pop molds and place in freezer overnight or until frozen. Makes 8 milk pops.

Variation: Substitute 1 cup LDF half and half for 1 cup LDF milk for a thicker treat. Try with your favorite fruits.



## Spotlight on Lisa Haig

Lisa Haig is a Colorado native and has been with Longmont Dairy for over 11 years. She is one of the friendly voices you may have talked to when calling into our office. She is a part of our Customer Service team and has been promoted into the Team Lead role and Co-Safety Director during her time with us.

Lisa has been married to her husband Jamie for four years, and together for ten years. Together they have three kids and live in Westminster. Lisa and Jaime are enjoying the process of watching their kids grow up and transition into adulthood. Lisa and Jamie would love to travel and live somewhere that they can fish all the time. Lisa's favorite things to do are watch movies and spend time outside. Her family loves camping, fishing and just hanging out in the sun during the summer.

We have enjoyed getting to know Lisa through the years and see her family grow. We are honored to have Lisa as a part of the LDF family!



## Have you taken a trip to the Farmers' Market this summer?

Now is a great time to visit your local Farmers' Market to pick up fresh, locally grown produce. Plus, you can find a variety of other items for your home such as fresh and dried flowers, handmade soaps, locally made crafts and so much more. To find the Farmers' Market nearest you, visit [LongmontDairy.com/farmers\\_market.php](http://LongmontDairy.com/farmers_market.php).



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