

June Jamboree

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National Dairy Month



Pre-Workout NUTRITION

Eat a combination of foods high in carbohydrates and moderate in protein.

Focus on foods low in fat and fiber.

Length and intensity of workouts matter.

6 a.m. workout? Fuel well the night before and eat something small in the morning.

Experience in practices to figure out what works best.

- 97% of dairy farms are family-owned and operated. Dairy farmers are committed to caring for their cows, the land and the environment to bring you the dairy foods you love.
- One gallon for milk is now produced with 90% less land and 65% less water than it was decades ago.
- Dairy food – milk, cheese and yogurt – are simple, real ways to provide you and your family with your energy and nutrients needs.
- Animal -sourced protein is higher quality then a plant protein. To get the same level of quality protein, a person usually has to eat 20% to 30% more plant protein then animal-sourced protein.
- Dairy farming and the dairy industry are responsible for nearly 1 million jobs in the United States.
- Dairy is the milk in your cereal, the cheese on your pizza, the yogurt in your morning smoothie.
- Memories made over milkshakes are the best kind of memories!

Steps to staying sun-safe:



Cover up: When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.



Use a broad-spectrum sunscreen with an SPF of 30 or higher: Reapply at least every 2 hours, as well as after swimming or sweating.



Seek shade: Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.



Avoid tanning beds and sunlamps: Both can cause serious long-term skin damage and contribute to skin cancer.