

You May Be at Risk for Osteoporosis*

If you:

- **Take certain medications**
Diuretics, aluminum-containing antacids, heparin, corticosteroids, tetracycline
- **Drink caffeinated beverages**
Coffee, tea, caffeinated soda
- **Smoke cigarettes**
- **Have a particular disease**
Celiac disease, alcoholism, renal failure, diabetes, hypoparathyroidism
- **Are not physically active**



* **Osteoporosis** is a condition where the bones are too weak to support the weight of the body and they break easily.



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FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply or call (888)-283-0012. Updated 11/16

CALCIUM

For A Healthy Body



The Facts:

- Calcium builds strong **bones**.
- Calcium helps improve **blood pressure**.
- Calcium helps **muscles** work properly.
- Calcium reduces your risk of **colon cancer**.

Calcium is **HIGH** in foods from the **Milk Group**.



Nutrition Education Program

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Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

What Is a Milk Group Serving?

- 1 cup cow's milk
- 1 cup yogurt
- 1 ½ oz. natural cheese
- 2 oz. processed cheese
- 2 cups cottage cheese



Find how many **Milk Group** servings you need everyday.

1½ servings Children ages 1 to 3
2 servings Children ages 4 to 8
..... Adults ages 19 to 50
3 servings Children ages 9 to 18
..... Adults ages 51 and older

More Sources of Calcium

- 1 cup calcium-fortified soy milk (= 1 cup milk)
- 1 cup calcium-fortified orange juice (= 1 cup milk)
- 1 cup macaroni and cheese (= 1 1/5 cup milk)
- 1/3 cup tofu (= 1/2 cup milk)
- 1/2 cup spinach (= 1/2 cup milk)
- 1/2 cup bok choy (= 1/4 cup milk)
- medium orange (= 1/5 cup milk)
- 2/3 cup refried beans or 2/3 cup navy beans (= 1/4 cup milk)
- 1 cup milk pudding (= 1 cup milk)

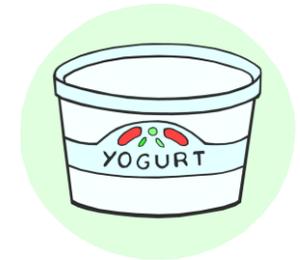


When You Are Lactose Intolerant

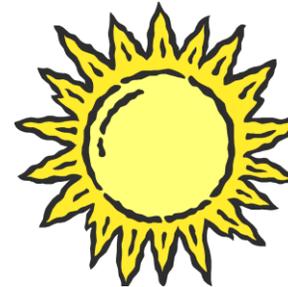
Some people get a stomach ache, bloated, or diarrhea after drinking milk. This is because their body does not produce enough of the enzyme that digests **lactose** (the sugar in milk). This is called **lactose intolerance**.

Many lactose intolerant people can eat milk products that have less lactose in them. They are **buttermilk**, **yogurt**, or **cheese**.

Yogurt contains healthful bacteria that digest lactose.



Vitamin D Helps Your Body Use Calcium



Vitamin D is added to dairy products.

Your body makes Vitamin D when your skin is exposed to the sun.

What About Calcium Supplements?

There are different forms of calcium. Look on the product label for the ingredients. The best absorbed form of calcium is **Calcium Citrate**.



Menu Idea:

Salmon Casserole
Tossed Salad
Dinner Roll
Lowfat Milk

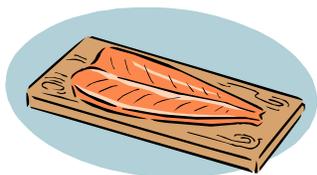
Salmon Casserole

(4 servings)

Per serving: 455 calories,
16 grams of fat, 400 mg
calcium

3½ cups dry noodles (8 oz. bag)
1 (16 oz. can) salmon (leave
bones in)
1 can cream of mushroom soup
1¼ cups milk
2 Tablespoons flour
½ cup diced celery
¼ cup onion, chopped
1 teaspoon salt
1/8 teaspoon pepper
½ cup bread crumbs

Cook noodles as directed.
Alternate layers of noodles and
salmon in greased 2-quart
casserole dish. Combine soup,
flour, milk, onion, celery, salt and
pepper, and pour over salmon and
noodle mixture. Sprinkle
breadcrumbs over top. Cover and
bake at 350 degrees for 1 hour.
Remove cover during last 15
minutes.

**Menu Idea:**

Bean Salad
Bread Sticks
Orange Slices
Lowfat Milk

Bean Salad

(4 servings)

Per serving: 206 calories,
1 gram of fat,
78 mg of calcium

2 cups cooked kidney, pinto or
navy beans
1 red pepper, diced
1 cup sliced mushrooms or ½ cup
canned mushrooms
1 tomato, diced
1 medium cucumber, peeled and
diced
4 green onions, sliced
1 carrot, peeled and sliced

Dressing:

¼ cup nonfat plain yogurt
¼ cup buttermilk
1 Tablespoon lemon juice
1 teaspoon mustard
1 clove garlic, minced or 1/8
teaspoon garlic powder
Black pepper to taste

In a medium sized bowl, combine
beans and vegetables. In a small
bowl, combine the dressing
ingredients and mix well. Add
dressing to bean/vegetable
mixture and toss.

**Menu Idea:**

Cheese Enchilada Stack
Green Grapes (cut in half
for children under 3)
Carrot Sticks
Lowfat Milk

Cheese Enchilada Stack

(6 servings)

Per serving: 298 calories, 14
grams of fat, 378 mg calcium

2 cans (15 oz. each) tomato
sauce
4 teaspoons chili powder
¼ teaspoon garlic powder
12 corn tortillas (soft)
2 cups sharp cheddar or
Monterey Jack cheese,
shredded

Preheat oven to 350 degrees. In
saucepan, combine tomato sauce,
chili powder and garlic powder.
Spread one-fourth cup sauce in
bottom of 9-inch pan. Top with
one tortilla, Spread with 2
Tablespoons sauce and 2
Tablespoons cheese. Repeat
layers of tortillas, sauce and
cheese, ending with cheese. Cover
with foil. Bake in oven 30
minutes or until cheese is melted.
Meanwhile, heat remaining sauce.
Place tortilla stack on serving
platter. Cut into wedges. Serve
with heated sauce.

Menu Idea:

Terrific Bean Tacos
Green Beans
Pears
Lowfat Milk

Terrific Bean Tacos

(8 servings)

Per serving: 218 calories, 11
grams of fat, 153 mg calcium

1 small onion
2 teaspoons vegetable oil
2 cups refried beans
8 taco shells or flour tortillas
¼ head lettuce, chopped
2 tomatoes, chopped
1 cup (4 oz.) cheese, shredded
Taco sauce

1. Stir-fry chopped onion in vegetable oil.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.



Menu Idea:

Stuffed Manicotti Shells
Lettuce Salad
Peach Slices
Lowfat Milk

Menu Idea:

Baked Chicken Breast
Spinach Orange Salad
Seasoned Lima Beans
Hot, Crispy Roll
Lowfat Milk

Snacks High in Calcium**Fruit Smoothie**

(1 serving)

Per serving: 300 mg calcium

Choose **one** of the following
starred items:

- ★ Fresh fruit (1 peach, 1 banana,
OR ½-¾ cup strawberries
or combination
- ★ 1 cup canned fruit
- ★ 1 cup fruit juice
- 1 cup milk
- ¼ teaspoon vanilla
- 1 to 2 ice cubes

Mix above ingredients in blender
until smooth. Sprinkle with
nutmeg or cinnamon, if desired.

Fruit Nog

(2 servings)

Per serving: 375 mg calcium

- 1 (8 oz.) carton flavored yogurt
- 1 cup milk
- 1 cup fresh strawberries or
orange sections
- ¼ teaspoon vanilla or almond
extract
- 2 teaspoons sugar (optional)
- 2 to 3 ice cubes

Place all ingredients, except ice,
in blender. Blend at high speed
until mixture is frothy. Add ice
cubes one at a time and blend.

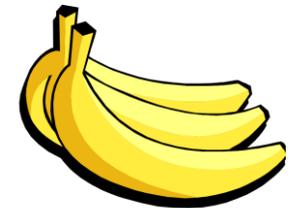
Fruit Juice Pops

(4 servings)

Per serving: 189 calories, 2 grams
of fat, 225 mg calcium

- 6 oz. can frozen 100% juice
concentrate
- 16 oz. or 2 cups plain yogurt
- 1 teaspoon vanilla
- 1 Tablespoon sugar

Blend ingredients in a blender.
Pour into small paper cups or
Popsicle molds. Insert sticks
when mixture is partially frozen.
Freeze until firm.

**Strawberry-Banana
Frosty**

(4 servings)

Per serving: 97 calories, 4 grams
fat, and 14 mg calcium)

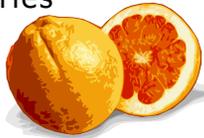
- 3 cups plain or vanilla soymilk
- 1 box (12 oz.) frozen sliced
strawberries
- 1 ripe banana

Blend in blender until smooth.

Stuffed Manicotti Shells

(10 shells – 2 per serving)

Per serving: 454 calories
and
24.4 grams of fat



- 1 lb. firm tofu, mashed
- ½ lb. Mozzarella cheese, grated
- ½ cup fresh parsley, chopped
- 2 Tablespoon onion powder
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon basil
- 27 oz. can garlic and herb
spaghetti sauce
- 4 oz. jumbo manicotti shells,
cooked
- 1/3 cup fresh parmesan cheese

Mix together the tofu, cheese,
parsley, onion powder, salt,
garlic powder and basil. Spoon
into shells, using approximately
1/3 cup mixture in each shell.
Spread 2 cups tomato sauce in
bottom of a 9x9-inch pan.
Arrange shells on sauce, spoon
remaining sauce over shells.
Sprinkle parmesan on top of
shells. Bake for 25-30 minutes at
350° until bubbling.

Spinach Orange Salad

(4 servings)

Per serving: 110 calories
and
8 grams of fat

- 4 cups spinach, torn into pieces
- 2 medium oranges, sectioned
- ½ cup red onion, sliced
- 2/3 cup mushrooms, sliced
- ¼ cup orange juice (from
sectioning of orange)
- 2 Tablespoons vinegar
- 2 Tablespoons vegetable oil
- ½ teaspoon ground ginger
- ¼ teaspoon pepper

1. Place spinach in bowl. Add
orange sections, onion, and
mushrooms. Toss lightly to
mix.
2. Mix orange juice, vinegar, oil,
ginger, and pepper well. Pour
over spinach mixture. Toss to
mix.
3. Chill.

