

# STAYING WELL

## COOL CALCIUM



Calcium is a nutrient our bodies need daily. It helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle contraction and blood clotting.

Making sure we get enough calcium in our diet is a concern for many people. The Food and Nutrition Board of the National Academy of Sciences recommends the following daily intake amounts:

### Mg of calcium/day:

- 1-3 years 500mg
- 4-8 years 800mg
- 9-18 years 1300mg
- 19-50 years 1000mg
- 51+ years 1200mg



One cup of milk has approximately 300 milligrams (mg) of calcium. While milk is one of the best sources of calcium, it certainly is not the only one. Yogurt, cheese, pudding, broccoli, greens, rhubarb, beans and calcium fortified orange juice are also good sources. To find out the mg of calcium contained in these products and others, log on to [www.nal.usda.gov/fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search) and type in the name of the food.

### Try some of the following ideas for adding calcium to your diet:

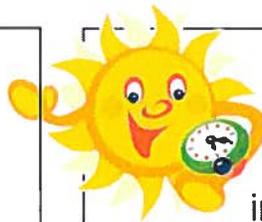


- ♥ Drink milk with all meals.
- ♥ Snack on crackers and cheese.
- ♥ Prepare soups with milk instead of water.
- ♥ Eat yogurt for snacks.
- ♥ Add grated cheese to casseroles.



### Prepare hot cereals with milk rather than water.

- ♥ Drink calcium enriched orange juice.
- ♥ Choose calcium-rich desserts such as ice cream, frozen yogurt, pudding or cheese with fruit.



This summertime snack will give you calcium as well as many other important nutrients.

### Yogurt Popsicles

- 2 cups strawberries, washed and stemmed
- 1 carton (6 to 8 ounces) plain low fat yogurt
- 1 can (6 ounces) orange juice concentrate



Place all the ingredients in a blender. Process until smooth. Pour into popsicle molds and freeze until firm.

Source: University of Nebraska—Lincoln Extension, Lancaster County



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