

Calcium

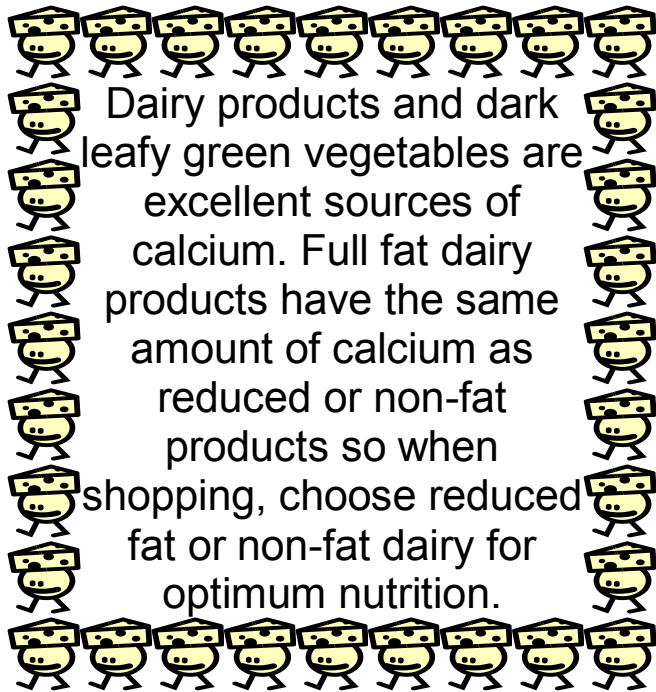


Adults 19-50 need
1000mg a day of
calcium!



DID YOU KNOW?

Milk, cheese and yogurt contain **9** essential nutrients including: phosphorus, potassium, vitamins A, D, B12, riboflavin, niacin and calcium!

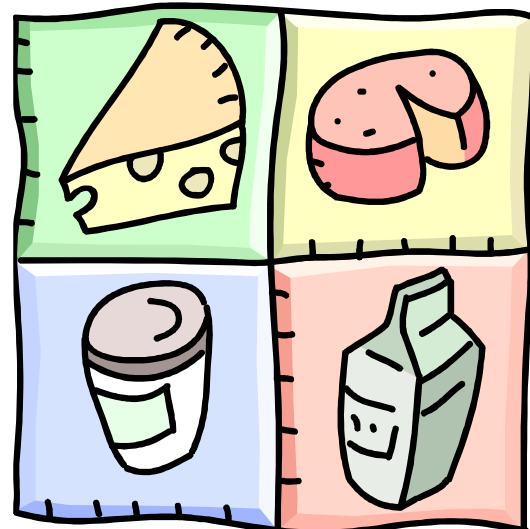


Dairy products and dark leafy green vegetables are excellent sources of calcium. Full fat dairy products have the same amount of calcium as reduced or non-fat products so when shopping, choose reduced fat or non-fat dairy for optimum nutrition.

Functions of Calcium:

- Bone and tooth *structure*
- *Muscle contraction*—when calcium binds to protein, it helps activate enzymes which break down glycogen in muscles for energy.
- Mediates *blood vessel constriction and dilation* which help maintains blood pressure
- Controls *nerve impulse transmission*
- *Hormone secretion*
- Helps vitamin K form necessary *blood clots*

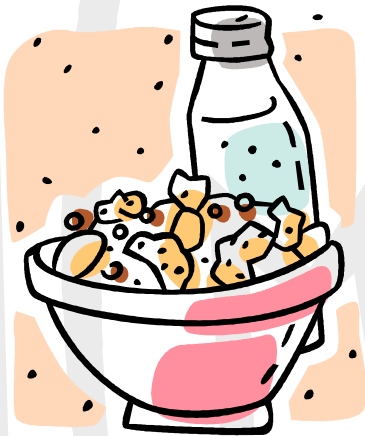
Serving Size	Food or Beverage	Calcium
8 ounces	Reduced Fat, Non-Fat, or Soy Milk	300mg
8 ounces	Calcium Fortified Orange Juice	300mg
1.5 ounces	Low-fat or Fat-Free Cheddar Cheese	300mg
8 ounces	Light Yogurt	300mg
4 ounces	Tofu (with Calcium)	260mg
1/2 cup	Collard Greens	178mg
1/2 cup	Spinach	115mg
1 ounce	Almonds	80mg
1/2 cup	Bok choy	80mg
4 ounces	Cottage cheese	70mg
1/2 cup	Red beans	40mg
1/2 cup	Broccoli	35mg



NEED SOME IDEAS?

TRY THIS...

- Add a slice of reduced or non-fat cheese to veggies
- Whole grain cereal with fruit and yogurt
- Use reduced or non-fat milk in oatmeal
- Add shredded cheese to an omelet
- Celery with light cream cheese
- Whole wheat burrito with egg, reduced or non-fat cheese and salsa



- Mini pizzas on a whole grain or light English muffin with tomato sauce, reduced or non-fat cheese and veggies
 - Yogurt and reduced sugar granola
 - Sprinkle sliced almonds on salad
 - Stir fry tofu and veggies (bok choy!)
 - Reduced or non-fat cottage cheese with fruit
 - Stuff chicken with spinach
 - Chicken parmesan (with reduced or non-fat cheese)
- Non-fat yogurt with a small squirt of honey for a fruit dip
 - Reduced fat American cheese with turkey on whole wheat crackers

What is bok choy???

Bok choy is a Chinese cabbage often used in stir frying, soups, main dishes and appetizers. It has a light, sweet, crispy texture.

