

NUTRITION TO GO

Stay Strong With Calcium

Did you Know?

Calcium is the mineral we have the most of in our body. Calcium is key for building strong bones and keeping them healthy.

Supplements or Food?

Unless you have been prescribed calcium supplements by a medical provider such as your doctor or dietitian, **food is your best source for calcium!**

Calcium's Key Jobs include:

- Building and supporting strong bones and teeth
- Sending messages between your brain and other parts of your body through nerves
- Moving your muscles
- Keeping your heart beating
- Helping your blood vessels move blood throughout the body

Foods High in Calcium:

Low-Fat Dairy Products:
Milk, Yogurt, Cheese

Dark Leafy Greens:

Bone-in Fish

Fortified Foods:
Tofu, Cereal, Bread, Milk
Alternatives like Almond,
Soy, and Rice

Some Fruits and Vegetables:
Oranges, Dried Figs, Acorn
Squash, Sweet Potatoes

Beans:
Garbanzo, Navy,
Kidney, Edamame

How Much Calcium do You Need Each Day?

- Men 51 years or older need 1,000 milligrams (mg) each day
- Women 51 years or older need 1,200 mg each day

Sample Menu to Reach 1,200 mg of Calcium in One Day

Breakfast:

- 1 cup whole grain cereal with:
 - 1/4 cup raisins
 - 1-ounce chopped almonds
 - 8-ounces low-fat or nonfat milk

= 645 mg calcium

Lunch:

- 2 cups house salad with:
 - 4-ounces canned tuna
 - 1-ounce low-fat feta cheese
 - 2 tablespoons low-fat dressing
- 1 medium orange

= 315 mg calcium

Snack:

- 2 tablespoons hummus + 10 whole wheat, baked crackers

= 40 mg calcium

Snack:

- 1/2 cup low-fat or nonfat frozen yogurt + 1 cup mixed berries

= 120 mg calcium

Dinner:

- 4-ounces grilled chicken breast with:
 - 1/2 cup broccoli
 - 1/2 cup brown rice

= 80 mg calcium

Total = 1,200 mg calcium

Prep time: 5 minutes

Cook time: 15 minutes

Servings per recipe: 4

Serving size: 1 cup

Ingredients

2 tablespoons canola oil
1 small onion, chopped
1 clove garlic, minced
3 tablespoons flour
1/8 teaspoon pepper
1/2 teaspoon salt
1/4 teaspoon thyme
2 1/2 cups low-fat milk
1 (16 ounce) bag chopped frozen broccoli, defrosted

Broccoli Soup

This delicious recipe is packed with 261 mg of calcium!

Directions

1. Heat oil in soup pot over medium heat. Add onion and garlic and cook for 3-4 minutes until tender.
2. Add flour, stirring until mixture begins to thicken. Stir in pepper, salt and thyme.
3. Slowly add the milk, stirring until thickened.
4. Add broccoli and simmer the soup for 10 minutes or until broccoli is tender.

