

## 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.



# Calcium

## For a Healthy Body



**FOOD WISE**  
Healthy choices, healthy lives.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

**FOOD WISE**  
Healthy choices, healthy lives.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

### Nutrition Education Program

Extension Dunn County  
3001 US Hwy 12 E, Suite 216  
Menomonie WI 54751  
(715) 232-1636

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>

## 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**.

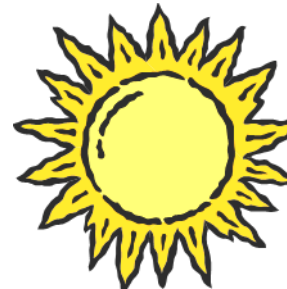
Many lactose intolerant people can eat milk products that have less lactose in them. They are **buttermilk**, **yogurt**, or **cheese**.

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**.



## Snacks High in Calcium

### Banana Split Oatmeal (1 serving)

*Per serving: 267 calories,  
3 grams of fat, 179mg calcium*

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

### Pumpkin Pudding (6 servings)

*Per serving: 112 calories,  
1 grams of fat, 100 mg calcium*

- 1 can pumpkin (15 ounces)
- 2 teaspoon pumpkin pie spice
- 1/8 teaspoon salt
- 1 1/2 cup milk 1%
- 1 vanilla pudding (instant, 3.5 oz (small box))

1. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens.
3. Refrigerate until serving time.

### Orange Banana Frosty

(2 servings)

*Per serving: 119 calories,  
1 grams of fat, 122 mg  
calcium*

- 1 banana frozen
- 1/2 cup low-fat yogurt (plain)
- 1/2 cup orange juice (prepared)

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

### Banana Cocoa Yogurt Pops

(4 servings)

*Per serving: 79 calories,  
1 grams of fat, 107 mg  
calcium*

- 1 banana, medium
- 1 cup low-fat vanilla yogurt
- 2 teaspoon cocoa powder
- 4 paper cups

1. Mash banana with fork
2. Mix banana and yogurt well.
3. Stir in cocoa powder
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).
5. Freeze
6. Enjoy as a frozen treat!

### Menu Idea Salmon Loaf Steamed Spinach Roasted Sweet Potatoes Low fat Milk

#### Salmon Loaf (8 servings)

*Per serving: 222 calories,  
7 grams of fat, 202 mg calcium*

- 1 (15.5 oz. can) salmon
- 2 cup bread crumbs, soft
- 1 onion (large, chopped)
- 1 tablespoon margarine (melted)
- 1/4 cup celery, diced
- 1 cup milk, 1%
- 1 tablespoon lemon juice
- 1 teaspoon parsley
- 2 egg (large)

1. Preheat oven to 325°
2. Drain salmon and remove skin if desired. Mash bones with meat.
3. Add all other ingredients except the milk.
4. Add enough milk so that the mixture is moist but not runny.
5. Place in a lightly oiled 9x5 inch loaf pan.
6. Bake for 45 minutes.
7. Serve.



### Menu Idea Black Bean Soup Whole Wheat Dinner Roll Clementine Low fat Milk

#### Black Bean Soup (4 servings)

*Per serving: 320 calories,  
1 grams of fat, 158mg calcium*

- 1 cup onion (chopped)
- 3/4 cup celery (chopped)
- 2 teaspoon garlic (chopped)
- 1 1/2 cup beef broth (fat removed)
- 2 can black beans (15 ounce each, drained and rinsed)
- 1/2 cup salsa (thick and chunky)
- 1 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon oregano (dried)

1. Combine all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.



**Menu Idea**  
**Enchilada Bake**  
**Green Grapes**  
**Carrot Sticks**  
**Low fat Milk**

**Enchilada Bake**  
**(8 servings)**

*Per serving: 189 calories,  
 5 grams of fat, 111mg calcium*

- 1 tablespoon oil
- 1 onion (medium, chopped)
- 3 garlic cloves (minced)
- 2 cup black beans (cooked)
- ½ can kernel corn (15.2 ounces, drained and rinsed)
- 1 teaspoon cumin
- 2 cup prepared salsa (divided)
- 8 corn tortillas
- ½ cup Monterey Jack cheese (shredded)

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.
2. Add beans, corn, cumin and ½ cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
3. Spoon ⅓ cup filling onto each tortilla; roll up.
4. Spoon ½ cup salsa into 11x7x2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup salsa.
5. Cover and bake in 350° oven for 15-20 minutes.
6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

**Menu Idea**  
**Brag About It Bread Bake**  
**Apple Slices**  
**Low fat Milk**

**Brag About It Bread Bake**  
**(6 servings)**

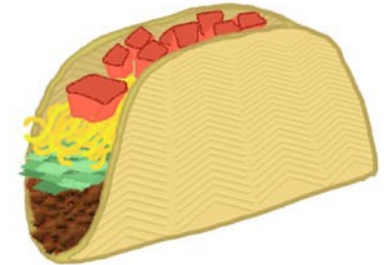
*Per serving: 220 calories,  
 6 grams of fat, 273mg calcium*

- 6 slice bread (cubed, approximately 6 cups)
- 1½ cup broccoli (frozen, chopped and cooked)
- 1 cup cheddar cheese, low-fat shredded
- 1 tablespoon onion minced, optional
- 1 cup chicken, skinless (diced, cooked)
- 3 eggs
- 4 egg whites
- 2 cup milk, non-fat

1. Place half the bread in a well greased 9x9 inch pan.
2. Top with broccoli, cheese, onion, and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325° for 1 to 1¼ hours, or until center is firm and lightly browned.

**Lentil Tacos**  
**(6 servings)**  
*Per serving: 350 calories,  
 11 grams of fat, 264mg calcium*

- 1 tablespoon oil (canola or vegetable)
- 1 onion, diced
- 2 cloves garlic, diced (or ¼ teaspoon garlic powder)
- 1 cup dried lentils
- ½ package (1.25 ounces) of 40% less sodium taco seasoning
- 3 cups water
- 12 corn tortillas
- 1 cup salsa
- 1 cup cheddar cheese, shredded
- 2 cups lettuce, shredded



1. Heat oil in a skillet over medium high heat. Add the onion and garlic and cook for 4-6 minutes or until they become soft and fragrant. Stir several times during cooking.
2. Add the lentils and seasoning. Stir so that the seasoning is mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread ¼ cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

Tip: Spread the cooked lentil mixture onto a pan or large plate to make a party dip. Then layer on the salsa, cheese, and lettuce. Serve with baked tortilla chips.

**Menu Idea**  
**Lentil Tacos**  
**Corn**  
**Grapes**  
**Low fat Milk**