

Calcium is necessary for healthy bones, teeth, muscle contractions and other body functions. Calcium needs increase with growth, which means needs are highest during the teen years. They increase again after age fifty when bone density begins to decrease.

Here are the latest calcium recommendations:*

Pre-school children, 1-3 yrs	500 mg/day
Children, 4-8 yrs	800 mg/day
Youth and teens, 9-18 yrs	1300 mg/day
Men <i>and</i> women, 19-50 yrs	1000 mg/day
Older adults, 51 yrs+	1200 mg/day

(*Food and Nutrition Board, National Academy of Sciences, 1998.)

Calcium is found in dairy foods such as milk, yogurt and cheese. Smaller amounts are found in dark green vegetables, cooked dried beans and tofu. Calcium is added to some foods, like fortified orange juice.



Compare how much calcium is in some foods:

▪ Yogurt, plain low-fat, 1 cup	450 mg
▪ Yogurt with fruit low-fat, 1 cup	340 mg
▪ Milk (skim, 1%, 2%, or whole), 1 cup	300 mg
▪ Cheese, Swiss, 1 oz.	270 mg
▪ Tofu, firm (varies with brand), ½ cup	50-400 mg
▪ Cheese, Cheddar or Colby, 1oz.	200 mg
▪ Ice cream, vanilla, 1 cup	170 mg
▪ Cottage cheese, low fat, 1 cup	155 mg
▪ Dried navy beans, cooked, 1 cup	95 mg
▪ Broccoli, ½ cup	50 mg
▪ Corn tortilla, 1 medium	45 mg
▪ Breads and cereals, 1 slice or ½ cup	30 mg

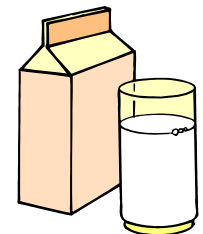
Yogurt is a versatile way to get more calcium. For dressing and dips, use plain, nonfat yogurt instead of sour cream. Yogurt will curdle if heated, so use in cold recipes, or heat very gently. Use plain yogurt in place of mayonnaise in sweet salads such as Waldorf or carrot salad. For savory salads, like potato, tuna or chicken, replace half the mayonnaise with yogurt.

Yogurt Gelatin – Easy to make – easy to eat

- 1 4-serving size box gelatin, regular or sugar-free
- 1 cup boiling water
- 1 cup (8 oz. Container) plain or vanilla yogurt

Add gelatin to boiling water, stir until completely dissolved. Let cool. Stir in yogurt with whisk until well blended. Pour into serving bowl or small dishes and refrigerate until set and chilled.

Not a milk drinker? Just blend one or two ingredients with 1 cup milk—cold or hot, skim or whole—and give it a refreshing, new flavor. Try these ideas:



- ½ cup fresh or frozen pureed berries
- 2 T. orange juice concentrate + tsp. vanilla
- 1 banana with ½ tsp. honey
- ½ cup cranberry juice and a small scoop low-fat vanilla ice cream

Non-fat dry milk can be used in recipes in place of fluid milk and is a great way to save calories and money. Add a little dry milk powder to baked goods and casseroles for extra calcium. Try this recipe as a substitute for canned cream soups:

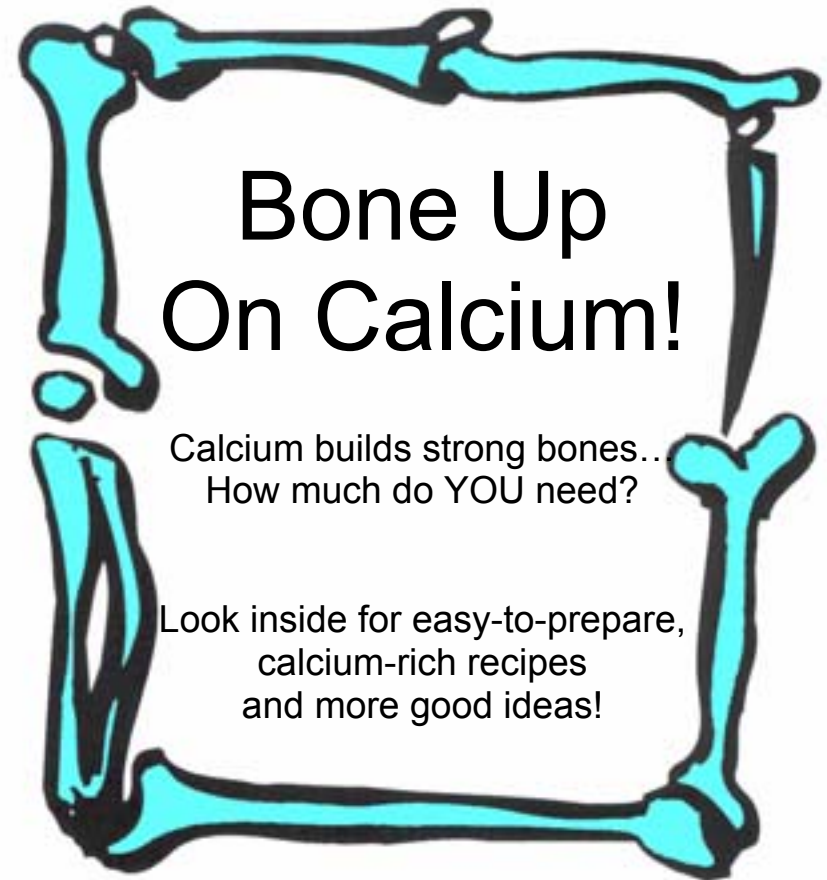
Cream Soup/Casserole Sauce Mix

2 cups nonfat dry milk powder
¾ cup cornstarch
¼ cup reduced sodium chicken bouillon granules
½ tsp. dried crushed thyme
½ tsp. dried crushed basil
¼ tsp. pepper

Combine all ingredients and stir to blend well. Store in an airtight container. Yield: equivalent to 9 cans of soup.

To prepare for recipes: Stir together ⅓ cup dry mix and 1¼ cups cold water in saucepan. Cook and stir until thickened. Use in place of one can of cream soup.

For Cream of Vegetable Soup: Cook 1½ -2 cups chopped fresh or frozen vegetables in a little water in saucepan just until tender. Stir together ⅓ cup dry mix and 1¼ cups cold water and add to vegetables. Cook until thickened. Add 1 cup shredded cheese if desired. Makes 2 servings.



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