



FOOD FIRST!



Great Sources include: nonfat and lowfat dairy products, soy foods (such as soy milk), fortified orange juice, dark-green leafy veggies, broccoli, canned salmon and sardines with the bones, calcium fortified foods (waffles, cereals, breads) and juices, breakfast bars and drinks, and tofu made with calcium sulfate. When shopping always read the Nutrition Facts label and search for foods that contain at least 10% of the Daily Value for calcium.

Watch out for calcium robbers like excess salt, excess fat, caffeine, alcohol and foods high in phosphorus, such as soda. Try to increase consumption of beans, legumes, soy and tofu, and cut back on animal protein to avoid calcium loss related to excess protein.

TRY ONE OF THESE EASY WAYS TO ADD CALCIUM!

- Try new foods like soy milk or tofu.
- Make smoothies by blending yogurt, milk or soymilk with fruit and ice.
- Use nonfat plain yogurt for salad dressings and fruit dressings instead of cream, milk and mayo.
- Top an angel food cake with lowfat vanilla yogurt and fruit.
- Try mixing 2 cups of fruit flavored yogurt and 1 container of Cool Whip. Place in a prepared pie shell and freeze for a wonderfully light desert.
- Add nonfat dry milk to soups, gravies, bread and muffin mixes, mashed potatoes, and cooked cereal for an extra calcium kick.
- Use a sprinkle of cheese on baked potatoes, veggies, and salads.
- Try nonfat or soy cheese on your toast in the morning.
- Eat calcium fortified cottage cheese and fruit for a great lunch.
- Try a handful of roasted soy nuts as a treat instead of peanuts.
- Replace white cheeses in recipes with firm tofu.
- Add beans to everything!
- Make salads with dark green leafy veggies.
- Learn to love the cabbage family!
- Top a baked potato with nonfat plain yogurt and salsa.
- Sprinkle parmesan cheese on popcorn instead of butter.
- Use nonfat plain yogurt in your potato and macaroni salads.
- Look for calcium fortified juices, cereal and breads.