



Family Nutrition Newsletter - Calcium Rich Foods

How Much Milk Do You Get?

3 cups every day!*

Your body needs 3 cups of milk a day to keep your bones strong, your heart beating, your muscles working, and your nerves working. We can get this calcium from almost any type of milk product such as milk, yogurt, and cheese. Just look for low-fat options since milk is very high in fat.

(*Children 2-8 years old only need 2 cups of milk).

Bones, Bones, Bones

Did you know that about 10 million people in the United States have a bone disease called osteoporosis? This disease results in weak bones and is most often seen in older persons. It is usually caused by low calcium intake when these adults were younger. It is very serious as it was the cause of almost 6,000 deaths in 2005. Drink your milk to keep your bones strong!

I Cannot Have Milk!

Are you lactose-intolerant, allergic to dairy, a vegan, or do you simply just dislike milk products? You can still get the calcium you need to build strong bones. You will just have to work a little harder to get it! If you are just lactose intolerant you may be able to eat yogurt and cheese without discomfort. Otherwise foods such as soy milk, broccoli, many types of beans, and spinach all have calcium in them. If you are considering taking a calcium supplement talk with your doctor first.



Sunshine Vitamin

Vitamin D and calcium work together to make strong bones. You can get vitamin D from the sun and by drinking milk!

Types of Milk

The healthiest type of milk to drink is 1% milk or nonfat milk. This is true for all age groups except for children ages 2 or younger. These young children will benefit from having more fat in their milk and should be drinking whole milk whenever fluid milk is served to them.

Homemade Ice Cream

Enjoy a special treat that has calcium to build strong bones. Ice cream has a lot of added sugar and is high in fat. This makes it a dessert, but it can be enjoyed on occasion just make sure you know what equals a serving size! One serving of ice cream is equal to ½ cup!

Ingredients:

- ½ Cup Whole Milk
- 1 Tablespoon Sugar
- 1 Teaspoon Vanilla
- 2 Cups Ice
- 2 Tablespoons Salt



Directions:

1. In a small quart size Ziploc bag combine milk, sugar, and vanilla. Close the bag tightly and mix together.
2. In a gallon Ziploc bag put ice and salt.
3. Put the small bag inside the large bag. Close tightly and shake for 3-5 minutes or until at the desired thickness.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

