



GET YOUR CALCIUM RICH FOODS

Thank You!

First a big thank-you to Barbara Farner, the creator and author of *Your Health and You* for the past 5 years! Beyond that, she has provided many residents of Illinois with outstanding educational programs for the past 40 years.



Barbara retired on February 29 and is moving into a new chapter of her life—traveling, gardening, and enjoying her many hobbies! Congratulations Barbara.



Why Calcium?

Often when we think of milk, we think of the food that babies need. As we get older, other beverages like soda, coffee, tea, etc. take the place of milk as the beverage we drink with our meals.

Since milk is the best source of calcium in our diets, adults should consume milk, too, if possible. We need at least 1200 milligrams of calcium every day. Each glass of milk gives us about 300 milligrams of calcium.

Dairy sources of calcium

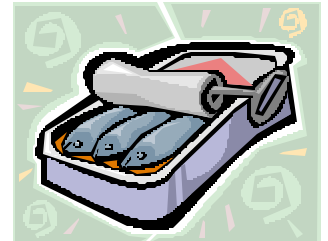
- ◆ Milk
- ◆ Hard cheese
- ◆ Yogurt
- ◆ Cottage cheese
- ◆ Pudding, custard

What is a serving?

- ◆ 1 cup milk
- ◆ 1 1/2 to 2 ounces of cheese
- ◆ 6 to 8 ounces yogurt

Non-dairy sources of calcium:

- ◆ Calcium-enriched orange juice
- ◆ Tofu (with calcium sulfate)
- ◆ Sardines and canned salmon (with bones)
- ◆ Broccoli
- ◆ Greens (turnip and beet), okra
- ◆ Cooked dried beans



What About Lactose Intolerance?

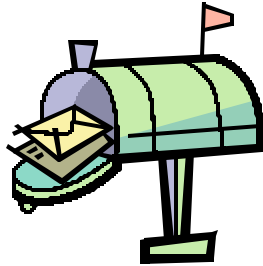
If you can't or don't drink milk, try to get your calcium from non-dairy sources. Also, check with your physician to see if you should be taking calcium supplements.

Include more milk in your diet:

- ⇒ Use milk when making homemade or canned soups
- ⇒ Make hot cereals and instant hot chocolate with milk instead of water
- ⇒ Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes.

Suggestions Please

As I have taken over the responsibility for writing this newsletter, I would welcome suggested topics.



Please send your suggestions to:

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Or

Email me at: scamp@uiuc.edu

Any Flavor Pudding Mousse

- 1 package instant pudding mix (may be regular or fat-free, sugar free)
- 1 3/4 cup low fat milk
- 1/2 container non-dairy whipped topping

In a mixing bowl, combine pudding mix and cold milk and beat with a mixer or wire whisk until pudding is dissolved and mixture is thick. Fold in whipped topping and spoon into dessert dishes. Refrigerate.

Serves 6

Nutrition information per serving (with sugar-free, fat-free pudding mix and skim milk): 70 calories, 1.5 g. fat, 35 mg sodium, 11 g carbohydrate, 0 g fiber, and 80 milligrams calcium



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