



Calcium

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You can eat smart and stretch your dollars!

What is Calcium?

Calcium is a mineral found in foods such as milk. Our bodies need Calcium to function properly. Most of the Calcium we eat is used to make bones and teeth. Also, we need Calcium for our muscles and nerves to work properly and our blood to clot.

Where can you get Calcium?

Dairy foods, like milk, yogurt and cheese, are good sources of Calcium. But, you may not realize that there are other ways to get Calcium. Waffles or pancakes, spinach, greens and broccoli are all Calcium sources. And, new products are available that add Calcium, called calcium-fortified, such as orange juice, bread and cereals. Check the label to see if a product has Calcium.



How much do you need?

The amount of calcium you need depends on your age and health. Here are some general guidelines for determining how much calcium you need. These amounts will change if you are pregnant or have certain medical conditions. Youth need more calcium because they are still growing and they need Calcium to build new bone.

Birth – 6 months	210 mg
6 months – 1 year	270 mg
1 – 3 years	500 mg
4 – 8 years	800 mg
9 – 18 years	1,300 mg
19 – 50 years	1,000 mg
51 – 70 years	1,200 mg
71 and older	1,200 mg

Get More Calcium!

Eat more Calcium-rich foods.

Make dips, salad dressings or smoothies using low-fat yogurt.

Try low-fat or fat-free evaporated milk in your coffee (but watch the caffeine!) or in recipes that use milk, such as gravies, soups or casseroles.

Add Non-fat dry milk to puddings, homemade cookies, breads or muffins, soups, or even a glass of milk.

You can add:

- 3 Tablespoons to each cup of milk in puddings or cocoa
- 4 Tablespoons to each cup of hot cereal before cooking
- 2 Tablespoons sifted into each cup of flour in cakes, cookies or breads.

Try this
thrifty
treat!



A Cup of Warmth!

Here's a gift from the kitchen that is high in Calcium.

Instructions for Making Mix:

- 2 ½ cups powdered milk
- 1 cup powdered sugar
- ½ cup baking cocoa

Combine all ingredients. Mix well. Store in an airtight container. This mix can be stored at room temperature for 1 year. Makes 16 servings.

Instructions for Making 1 Serving:

To make 1 cup of hot chocolate, mix ¼ cup hot chocolate mix with 6-8 ounces of hot water.

Nutrition Facts for 1 serving: 103 Calories, 0.5 g total fat, 3.7 mg cholesterol, 101 mg sodium, 412 ug Vitamin A, 239 mg Calcium, 0.44 mg Iron, 0.07 mg B6, 0 mg Zinc.

For more information:

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