Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

A Newsletter for Healthy Eating

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What Is Calcium?

Calcium is a mineral that functions in the body by making bones and teeth strong. Calcium also helps muscles contract, helps control blood pressure and allows the nervous system to work properly.

How Much Calcium?

MyPyramid recommends 2-3 cups a day from the milk, yogurt and cheese group and other calcium sources each day.

To get enough calcium each day, use the following guide:

Stay Healthy With Calcium

Age Group	Calcium in milligrams per day
Children 4-8	800
Children 9-18	1300
Adults 19-50	1000
Adults 50+	1300
Pregnant/Nursing Women 18 and under	1300
Pregnant/Nursing Women 19-50	1000

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). 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 *https://access.arkansas.gov/*.

Good Sources of Calcium

- Milk
- Cheese
- Yogurt
- Cottage cheese
- Broccoli
- Orange juice (calcium fortified)
- Salmon (canned with bones)
- Soybeans
- Pinto beans
- Turnip, mustard and collard greens
- Blackstrap molasses

What Is A Serving?

- 1 cup of milk
- 1 cup of yogurt
- 1 1/2 ounces of natural cheese
- 1 cup of calcium-fortified orange juice
- 2/3 cup of greens
- 5 ounces of canned salmon with bones
- 2 tablespoons of blackstrap molasses

Food Safety Corner

As a general rule, foods should always be kept very cold or very hot. Foods that are kept between 40° F and 140° F can be a breeding ground for harmful bacteria.

Check the temperature of your refrigerator and freezer. The refrigerator should be 35°-40° F and the freezer should be 0° F.

Shop for milk and other items that can spoil last, just before checking out. Take these items home and refrigerate immediately, or place in a cooler to keep them at a safe temperature.

Connect With Calcium

Can you find the foods with calcium?

C	K	I	Y	E	P	O	O	S	Y
H	Q	L	M	O	Z	L	A	G	S
E	P	O	V	K	G	L	F	N	M
E	B	C	D	O	M	U	A	W	Z
S	H	C	P	O	O	E	R	U	N
E	I	O	N	J	B	P	U	T	Z
K	P	R	Q	Y	K	L	I	M	X
O	R	B	O	Y	M	J	X	U	R
W	O	S	P	U	D	D	I	N	G
O	K	A	L	H	M	C	D	K	T

BROCCOLI
CHEESE
MILK
PUDDING
SALMON
SOYBEANS
YOGURT

Right Bite Recipe

Fruit Smoothie

Ingredients

1 cup low-fat flavored yogurt
1/2 cup low-fat milk
3 tablespoons nonfat dry milk
6-8 ice cubes

Choose two from the list below.

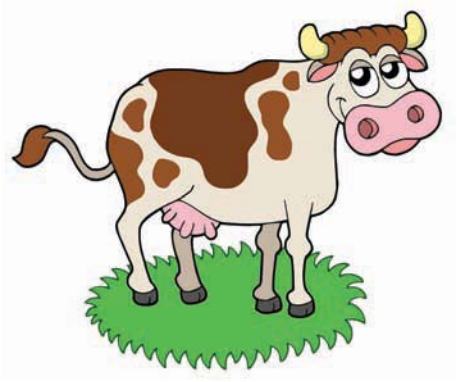
6 strawberries
1/2 peach or banana
1/3 cup canned peaches or pears
1/4 cup pineapple chunks
1 tablespoon peanut butter

Directions

Put all ingredients in blender and blend until smooth.

(1 cup provides 25% of daily recommended calcium)

Kid's Corner



Do you know where we get most of our calcium?
DAIRY PRODUCTS

Where do dairy products come from?
COWS

Cows provide the milk that is used to make foods like cheese and yogurt. Calcium helps you grow tall and strong. It's very important for your bones!

If your parents say it's okay, check out these web sites with cool games to learn more about bones and calcium!

http://www.nichd.nih.gov/milk/kids/kidsteens.cfm
http://www.bestbonesforever.gov/

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Choosing Dairy Foods on a Budget

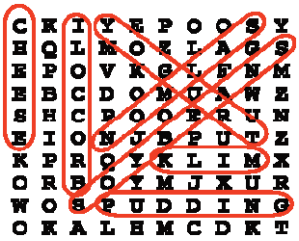
Buying healthy foods usually costs more money. To keep the grocery bill from growing:

Buy the form that costs less per serving. Nonfat dry milk costs less than fresh milk and contains the same nutrients without the fat. Try adding nonfat dry milk to mashed potatoes, soups, meatloaf and casseroles.

Buy the size that costs less per serving. A gallon of milk costs less per serving than milk in smaller containers. Cheese in large packages costs less per serving than the same amount in smaller packages.

Buy the kind of package that costs less per serving. Store brand products cost less per serving than name brands. Cheese in blocks costs less per serving than shredded or sliced cheese.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.



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