

# BOOST YOUR BONES

## with CALCIUM RICH FOODS

Your body makes some vitamin D from sun exposure

### CALCIUM CHOICES

- Milk • Cottage cheese
- Yogurt • Frozen yogurt
- Cheese • Ice cream

### LACTOSE FREE OPTIONS

- Lactose-free milk
- Broccoli
- Leafy greens: kale and collards
- Some nuts
- Calcium-fortified juices



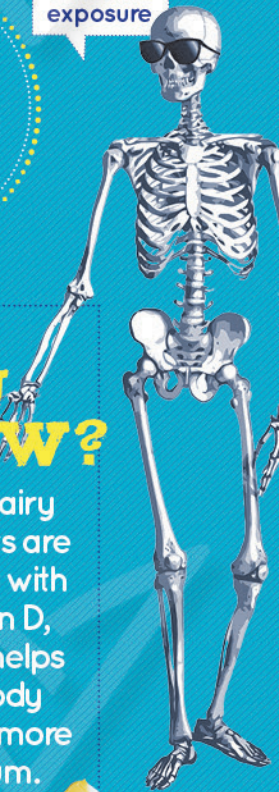
GREEK YOGURT

#### WHY MILK?

Milk, yogurt, and cheese provide calcium needed to grow **STRONG** bones.

#### DID YOU KNOW?

Most dairy products are fortified with vitamin D, which helps the body absorb more calcium.



To get the same amount of calcium in a quart of milk, you would have to eat **3.5** pounds of peas, **27** oranges, or **50** slices of whole wheat bread.

#### WHY CALCIUM?

Calcium helps your muscles contract, which allows your body to move, heart to beat, and food to digest.

#### LACTOSE INTOLERANT?

Try lactose-free milk. Yogurt and hard cheeses such as cheddar, colby jack, and swiss have reduced amounts of lactose and may be easier to digest.

### DAILY DAIRY

#### Recommendations

Children (2-8)	2 cups
Girls (9-18)	3 cups
Boys (9-18)	3 cups
Women	3 cups
Men	3 cups

What counts as a cup in the Dairy Group?



1 cup milk



1.5 ounce natural cheese or 2 oz processed cheese



1 ounce cheese stick = 1/3 cup dairy



1 cup yogurt



# IN 1 CUP OF MILK...

The amount of calcium equals 10 cups of raw spinach

The amount of potassium equals 1 small banana

The amount of phosphorus equals 1 cup canned kidney beans

## NOTABLE NUTRIENTS

**Calcium** builds and maintains healthy bones and teeth

**Phosphorus** strengthens bones and helps create energy in your cells

**Potassium** regulates fluid balance, maintains normal blood pressure, helps with muscle contraction

**Protein** helps repair body tissue and builds strong muscles

**Riboflavin** helps convert food into energy

**Niacin** aids in digestion of sugars and fatty acids

**Vitamin A** aids in vision and healthy skin

**Vitamin B12** maintains healthy red blood cells and nerve cells

**Vitamin D** helps promote the absorption of calcium and aids in bone strength

## DELICIOUS SMART SNACKING IDEAS

### Morning Mocha

Mix a cup of milk with a teaspoon of instant coffee and sweetened cocoa.

### Cheddar Crunch

Mix 1/2 cup cheddar cheese shreds with popcorn and pretzels.

### Strawberry-sicles

Mix strawberry milk with fresh strawberries and freeze in a popsicle container.

### Cucumber Salad

Mix diced cucumbers, a cup of plain yogurt, mint, salt and pepper and spread on whole wheat pita wedges.

### Tropical Smoothie

Blend orange juice, Greek yogurt, honey and ice.

## RECIPE

## YOGURT BARK

### Ingredients

24 oz plain, nonfat Greek yogurt  
1 tbsp honey  
1 cup strawberries, diced  
1/2 cup granola

Prep time: 5 minutes

Cook/Chill time: 60 minutes

Ready: 65 minutes

In a small bowl, mix together Greek yogurt and honey. Line a 9x11 pan with aluminum foil. Evenly spread the yogurt mix onto the pan. Sprinkle the granola and chopped strawberries on top of the yogurt. Lightly press toppings into the yogurt. Place in the freezer for 1 hour, or until frozen. Once frozen, remove from freezer, break into pieces, and enjoy!

Nutrition: 116 calories, 11g protein, 2.5g fat



A Division of Florida Dairy Farmers

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