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How to get the Calcium You Need

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HOW TO GET THE CALCIUM YOU NEED

Calcium helps keep bones and teeth strong. It also helps your muscles contract and relax, regulates your heart beat, aids in blood clotting and helps your nerves transmit impulses. Your body uses calcium in combination with vitamin D, phosphorous and magnesium. The best sources of calcium are foods from the milk, yogurt and cheese group.

How much calcium do you need each day?

Recommended Dietary Allowance for Calcium

1-3 years	500 mg
4-8 years	800 mg
9-18 years	1300 mg
19-49 years	1000 mg
50+ years	1200 mg
Pregnant or nursing teens	1300 mg
Pregnant or nursing adult	1000 mg

mg = milligrams

Dairy Group Nutrients

Calcium — Forms bones and teeth. Helps keep them strong.

Vitamin D — Helps body use calcium.

Protein — Forms and restores skin, muscles, blood and bones.

Vitamin B

What is a serving?

1 cup milk
1 cup yogurt
1 1/2 ounces natural cheese
2 ounces processed cheese
2 cups cottage cheese
10 ounces tofu

HOW MUCH CALCIUM DO DIFFERENT FOODS HAVE?

Food	mg*	Food	mg*
Milk, skim (1 cup)	302 mg	Yogurt (1 cup)	415 mg
Milk, 2% (1 cup)	297 mg	Cottage cheese (½ cup)	77 mg
Milk, whole (1 cup)	290 mg	Ice cream (½ cup)	88 mg
Low-fat chocolate milk (1 cup)	284 mg	Pudding (½ cup)	133 mg
American Cheese (1 oz.)	174 mg	Spinach, cooked (½ cup)	122 mg
Cheddar Cheese (1 oz.)	204 mg	Broccoli, cooked (½ cup)	36 mg
Swiss cheese (1 oz.)	272 mg	Pinto beans, cooked (1 cup)	82 mg
Salmon, canned w/ bones (3 oz.)	212 mg	Tofu, w/ calcium sulfate (½ cup)	434 mg

***Milligrams of calcium.**

CREPES

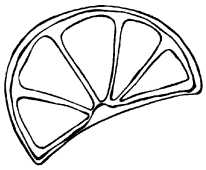
1 cup flour
1 Tbsp. sugar
1/4 tsp. salt
3 eggs, beaten
1 1/3 cups milk
2 Tbsp. margarine, melted
1 tsp. vanilla
Oil or margarine

In a medium bowl combine flour, sugar and salt; blend well. In a separate bowl combine eggs, milk, margarine and vanilla; mix well. Gradually add milk mixture to flour mixture; mix until batter is smooth. Refrigerate 1 hour.

Heat a small skillet lightly coated with oil or margarine. Pour 1/4 cup batter into skillet; tip so batter covers bottom of skillet. Cook over medium heat until light brown; turn and brown other side. Serve immediately. Yield: 12 crepes.

Note: To freeze, cool crepes on a wire rack. Stack, placing plastic wrap between each crepe. Place in a freezer bag; label. Store in freezer. Use within 1 month.

CLASSIC CREPES



Sprinkle crepe with powdered sugar; add a squirt of lemon juice. Roll up jelly-roll style. Top with powdered sugar.

FRUIT CREPES

Fruit Ideas: Fresh strawberries, peaches, blueberries, raspberries or bananas; canned applesauce, peaches, pears or fruit cocktail.

Arrange fruit down center of crepe. Fold each side over filling. Top with powdered sugar, cinnamon and sugar, syrup, yogurt, sour cream or whipped cream.

MAIN DISH CREPES

Meat Ideas: Cooked and chopped chicken, turkey, beef, ham or fish.
Vegetable Ideas: Cooked and chopped broccoli, mushrooms, zucchini, asparagus, spinach, onion or peppers.
Cheese Ideas: Grated Cheddar, Swiss, American or Monterey Jack.

Arrange meat, vegetables, cheese or a combination down center of crepe. Fold each side over filling. Top with a cream sauce. Sprinkle with cheese.

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