

# Making the **CALCIUM CONNECTION**

Most people know that calcium is needed to **build strong bones**, but it also **connects** to many **health benefits** throughout the body. Use these tips to learn how you can connect the foods you eat with the calcium you need.

## DID YOU KNOW THAT CALCIUM ...

- Helps prevent osteoporosis — a disease that makes bones weak
- Is needed for your heart, nerves and muscles to work well
- Helps prevent high blood pressure in some people
- Is better absorbed by your body when it comes from milk, cheese or yogurt

## ARE YOU MAKING THE CALCIUM CONNECTION?

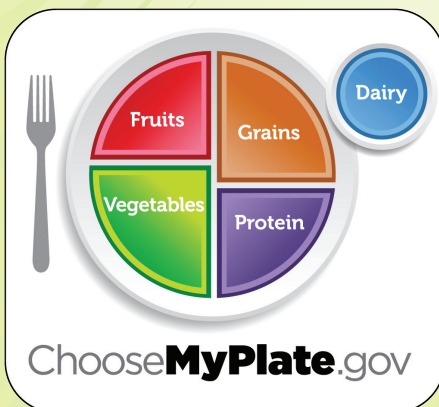
Check the things you eat each day.



- Milk** (including lactose-free, flavored, low-fat or fat-free)
- Café latte** (made with low-fat or fat-free milk)
- Pudding** (made with low-fat or fat-free milk)
- Yogurt or Greek yogurt**
- Fruit and yogurt parfait**
- Reduced-fat or low-fat cheese**
- Macaroni and cheese**
- Taco salad with cheese**
- Pizza made with part-skim mozzarella**
- Veggie/Bean and cheese quesadilla**
- Sardines** (with bones)
- Collard greens or broccoli**



If you checked fewer than 3 choices, you may not be feeding your bones the calcium they need each day.



## CALCIUM - IMPORTANT FOR ALL AGES

AGE	MILK SERVINGS EACH DAY
2-3 years old	
4-8 years old	
9-18 years old	
18+ years old	



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## LACTOSE INTOLERANCE

Have you heard of it? It means that your body has a hard time digesting the natural sugar found in milk. But having Lactose Intolerance does not mean all dairy foods are off limits. To keep calcium-rich dairy foods in your diet, try:

- Sipping small amounts of milk and drinking a little more over time to build your tolerance
- Drinking milk with meals
- Eating natural cheeses (such as Cheddar), that are naturally low in lactose
- Enjoying yogurt, which is low in lactose and has healthy bacteria to help the body digest lactose
- Cooking with milk — adding milk to other foods helps slow down digestion and gives the body time to breakdown the lactose
- Choose lactose-free milk and milk products

## WHAT IS A SERVING?

- 8 oz milk
- 8 oz yogurt
- 1 ½ oz natural cheese or 2 oz processed cheese



## DOLLAR FOR DOLLAR, DAIRY DELIVERS

Few foods deliver dairy's powerhouse of nutrients in such an affordable, appealing and readily available way.

### BANG FOR YOUR BUCK

At about 25 cents a glass, milk is a nutritional bargain. It's also America's number one food source of calcium, potassium and vitamin D, helping to build stronger bones and teeth.

Cheese contains 8 grams of protein per 1-ounce serving. It provides high-quality protein that, as part of a diet higher in protein, can help curb hunger.

Every 8-ounce serving delivers nearly a third of your daily calcium needs. It contains live and active cultures that help digest lactose.

### STRETCH YOUR DAIRY DOLLAR

Buy milk by the gallon and make it your family's mealtime beverage. Use milk instead of water when preparing eggs, oatmeal, soups, side dishes and baked goods.

Buy cheese in block form and shred it yourself to use in recipes. Or, cut it into individual portions for a fun snack.

Buy low-fat, plain yogurt by the quart and flavor it with fresh fruit, granola or nuts. Use as an ingredient for healthier dips and sauces.

**MILK**



**CHEESE**



**YOGURT**



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