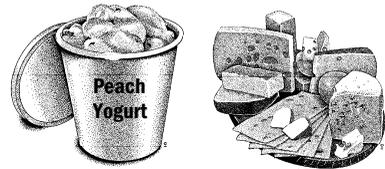


If you are lactose intolerant, you may still be able to drink milk, or eat milk foods.

- Use milk in small amounts
- Drink milk with other foods
- Try yogurt or buttermilk
- Try chocolate milk
- Try lactose – reduced milk
- Try Cheese



**All types of milk contain the same amount of calcium and some other nutrients.**

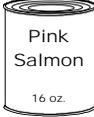
**The only difference is the amount of fat and calories.**



## Salmon Patties

Preparation time: 15 minutes  
Cooking time: 16 minutes

4 servings – 4 ounces each

- nonstick cooking spray
- 1 pound can  
red or pink salmon,  
drained and flaked
- 
- 8 soda crackers, crushed
- 1 egg, beaten
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. Spray a nonstick skillet with cooking spray. Heat over medium heat.
2. Combine all remaining ingredients in a medium mixing bowl. Form salmon mixture into 4 patties.
3. Cook patties over medium heat until brown (about 8 minutes). Turn and cook on the other side for about 8 minutes.

**Nutritional Facts per serving:** 196 calories, 7Gm total fat, 25Gm protein, 6Gm carbohydrate.

## Creamy Fruit Shake

- 2 cups fresh, frozen (unsweetened) or canned fruit, drained
- 2 tablespoons granulated sugar
- 1/2 cup plain non – fat or plain low - fat yogurt
- 2/3 cup non – fat dry milk
- 1/2 cup ice cubes
- 1/2 cup water
- 1 teaspoon vanilla extract

1. Combine all ingredients in blender, cover; blend until ice is crushed.



2. Makes about 3½ servings

**Nutritional Value:** 124 calories, 1Gm total fat, (trace of saturated fat), 4mg cholesterol, 99mg sodium, 22Gm carbohydrates, 7Gm protein.

# Key Nutrient



# Calcium

South Dakota  
Department of Health  
WIC Program

5,000 copies of this brochure were printed by the South Dakota Department of Health at a cost of \$.13 Per copy

**Milk Is Your Best Source Of Calcium.**

1 cup of milk gives you about 300 mg of calcium.



**Do I Need Calcium?**

Everyone needs calcium:

- It helps keep your teeth and bones strong.
- It helps blood clot in cuts and wounds.
- It helps keep a normal heart beat.
- It helps muscles contract.
- Prevents Osteoporosis (bone loss that may occur as you age).
- It keeps nerves healthy.

**Helpful Hints**

Drinking too much pop/soda may keep your body from using calcium found in foods.

Powdered milk is a good buy and can be used in casseroles, breads, creamed soups, puddings, and other foods to add calcium, protein and calories.

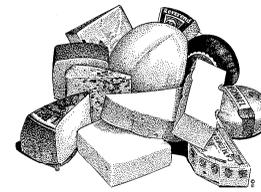
Buy milk fortified with Vitamin D. Another great source of Vitamin D is sunshine.

**Nutrients That Work With Calcium.**

Vitamins C and D and other minerals are needed for your body to use calcium.

**High Food Sources That Are Equal To The Same Amount of Calcium As In 1 Cup Of Milk:**

- Yogurt, plain – 1 Cup
- Cheddar Cheese – 1 ½ oz.
- Swiss Cheese – 1 ¼ oz. – 2 slices
- Mozzarella, Part Skim – 1 ½ Oz – 2 slices



**Good Food Sources That Are Equal To The Same Amount of Calcium As In ½ to ¾ Cup of Milk:**

- Pink Salmon, canned w/bones – 3 oz.
- Mackerel, Jack, canned – ½ cup
- Sardines, canned - 2 sardines
- American Cheese – 1 to 1 ½ oz.
- Cottage cheese 2 % – 1 cup
- Velveeta Cheese – 1 oz.

**Calcium rich foods I like:**

**New calcium rich food I will try:**

**Goal: I will eat \_\_\_\_\_ serving(s) of calcium rich foods a day.**

How Much Calcium Do I Need Each Day?			
Person	Age	Calcium (mg) *	Amount
Child	1–3 years	500	1 ½ to 2 cups of milk <b>OR</b> Foods equal to 500 mg calcium.
Child	4–8 years	800	2 –3 cups of milk <b>OR</b> Foods equal to 800 mg calcium.
Preteen/ Teens	9–18 years	1,300	4 to 4½ cups of milk <b>OR</b> Foods equal to 1,300 mg calcium.
Adults	19–50 years	1,000	3 to 3½ cups of milk <b>OR</b> Foods equal to 1,000 mg calcium.
Adults	51+ years	1,200	4 cups milk <b>OR</b> Foods equal to 1,200 mg calcium.
Pregnant/ Lactating	≤18 years	1,300	4 to 4½ cups of milk <b>OR</b> Foods equal to 1,300 mg calcium.
Pregnant/ Lactating	19–50	1,000	3 to 3½ cups of milk <b>OR</b> Foods equal to 1,000 mg calcium.

\* 1998 Calcium Guidelines

**Calcium:  
For Strong Bones And Teeth**