

# Nutrition Facts *for Seniors*

Calcium supplements are best absorbed by the body when taken in amounts of 500 mg or less. If you are taking 1000 milligrams a day, take it in two or more doses over the course of the day.

It's best to take most calcium supplements with meals. The acid produced by the stomach during digestion increases absorption of most calcium supplements.

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Cooperative Extension Service

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## Have You Fed Your Bones Today?

All nutrients are important for health at any age, but some have special importance for older adults. Calcium is needed for strong bones and also for normal functioning of nerves, muscles, and blood clotting. Low calcium intake has been linked to osteoporosis, a disease that causes bones to become soft, brittle, and weak. Seniors need 1200 mg of calcium each day.

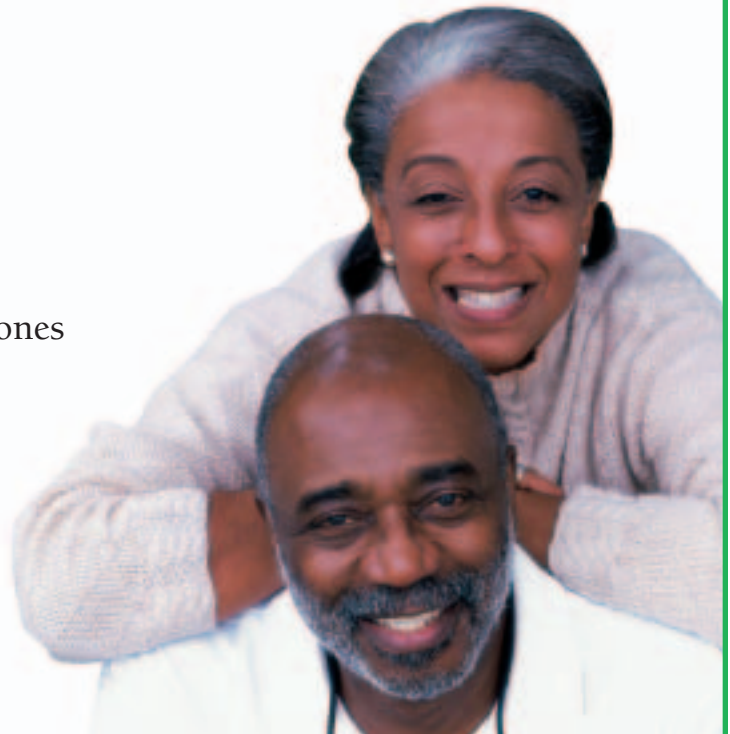
In order to absorb calcium, the body needs vitamin D. Good sources of vitamin D are fortified foods and beverages like milk, soy drinks, margarine, fish, liver and eggs. Vitamin D can also be made by the skin when exposed to sunlight. Seniors need 400 units of vitamin D each day.

Remember...weight bearing exercise like walking, dancing, or lifting helps keep bones strong and may even increase density and strength in older adults.

### Good Sources of Calcium

- Milk\*
- Buttermilk\*
- Cheese\*
- Yogurt\*
- Cottage cheese\*
- Pudding\*
- Salmon, canned with bones
- Dried beans
- Fortified orange juice
- Turnip, mustard, & collard greens
- Broccoli
- Fortified soy milk\*

\*Choose fat-free or low-fat versions most of the time.



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## 15 Minute Cheddar Chicken & Rice Dinner

- 1 Tbsp. oil
- 4 boneless skinless chicken breast halves (about 1-1/4 lb.)
- 1 can (10-3/4 oz.) condensed cream of chicken soup
- 1-1/3 cups (1 soup can) water
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 2 cups minute rice, uncooked
- 2 cups fresh or frozen broccoli florets, thawed
- 1 cup shredded reduced-fat sharp cheddar cheese

1. Heat oil in a large nonstick skillet on medium-high heat. Add chicken and cover. Cook 5 minutes on each side or until lightly browned on both sides. Remove chicken from skillet.
2. Add soup, water and seasonings to skillet and stir. Bring to a boil.
3. Stir in rice and broccoli. Top with chicken and cheese and cover. Cook on low heat 5 minutes or until chicken is cooked through and mixture is thoroughly heated.



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### Boost Your Calcium!

- Add nonfat dry milk to soups, stews, and casseroles.
- Substitute low-fat milk for water when making soups, hot cereal, or pancakes.
- Top a salad with shredded reduced-fat cheese.
- Choose low-fat pudding or custard for dessert.
- Add a slice of reduced-fat cheese to a sandwich.
  - Be a kid again—have a glass of cold milk (skim or low-fat) and a couple of graham crackers.
  - Start your day with a bowl of fortified cereal and low-fat milk.
  - Cure your sweet tooth with a thick low-fat milk and fruit smoothie.

