



# Right Bite!

A Newsletter for Healthy Eating

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## Vol. 1 Issue 1

*Stay  
Healthy  
with  
Calcium!*



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UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE  
Cooperative Extension Service

## Have you Fed Your Bones Today?

### What is calcium?

Calcium is a mineral that functions in the body by making bones and teeth strong. Calcium also helps muscles contract, helps control blood pressure, and allows the nervous system to work properly.

### How much calcium?

The Food Guide Pyramid recommends 2-3 servings a day from the milk, yogurt, and cheese group and other calcium sources each day.

To get enough calcium each day, use the following guide:

Age Group	Calcium in milligrams per day
Children 4-8	800
Children 9-18	1300
Adults 19-50	1000
Adults 50+	1300
Pregnant/Nursing Women 18 and under	1300
Pregnant/Nursing Women 19- 50	1000

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## Right Bite!

### Good Sources of Calcium

- Milk
- Cheese
- Yogurt
- Cottage cheese
- Orange Juice (calcium fortified)
- Salmon (canned with bones)
- Broccoli
- Soybeans
- Pinto Beans
- Turnip, Mustard, and Collard Greens
- Black Strap Molasses

### Serving Sizes

- 1 cup of milk
- 1 cup of yogurt
- 1 ½ ounces of natural cheese
- 1 cup of calcium fortified orange juice
- 5 ounces of canned salmon with bones
- 2/3 cup of greens
- 2 tablespoons of blackstrap molasses

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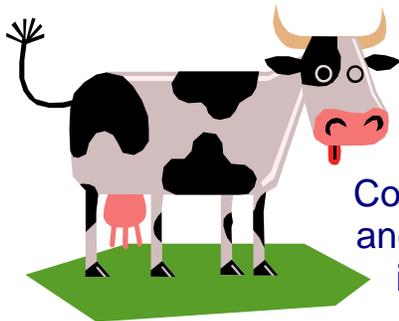
## Food Safety Corner



As a general rule, foods should always be kept very cold or very hot. Foods that are kept between 40° F and 140° F can be a breeding ground for harmful bacteria.

Check the temperature of your refrigerator and freezer. The refrigerator should be 35-40° F and the freezer should be 0° F.

Shop for milk and other items that can spoil last, just before checking out. Take these items home and refrigerate immediately, or place in a cooler to keep them at a safe temperature.



Do you know where we get most of our calcium? DAIRY PRODUCTS

Where do dairy products come from? COWS

Cows provide the milk that is used to make foods like cheese and yogurt. Calcium helps you grow tall and strong. It's very important for your bones!

If your parents say it's okay, check out these cool games on the internet to learn more about bones and calcium!

[http://www.calciuminfo.com/kids\\_korner/home.html](http://www.calciuminfo.com/kids_korner/home.html)

[http://www.cdc.gov/powerfulbones/games\\_fun/](http://www.cdc.gov/powerfulbones/games_fun/)

### Right Bite Recipe

#### Fruit Smoothie

1 cup low fat flavored yogurt

1/2 cup low fat milk

3 T non-fat dry milk

6-8 ice cubes

Choose 2 from the list below:

6 strawberries

1/2 peach or banana

1/3 cup canned peaches or pears

1/4 cup pineapple chunks

1 T peanut butter

Directions: Put all ingredients in blender and blend until smooth.

(1 cup provides 25% of daily recommended calcium)

### Connect With Calcium!

Can you find the foods with calcium?

C	K	I	Y	E	P	O	O	S	Y
H	Q	L	M	O	Z	L	A	G	S
E	P	O	V	K	G	L	F	N	M
E	B	C	D	O	M	U	A	W	Z
S	H	C	P	O	O	E	R	U	N
E	I	O	N	J	B	P	U	T	Z
K	P	R	Q	Y	K	L	I	M	X
O	R	B	O	Y	M	J	X	U	R
W	O	S	P	U	D	D	I	N	G
O	K	A	L	H	M	C	D	K	T

BROCCOLI                      SALMON  
CHEESE                        SOYBEANS  
MILK                             YOGURT  
PUDDING



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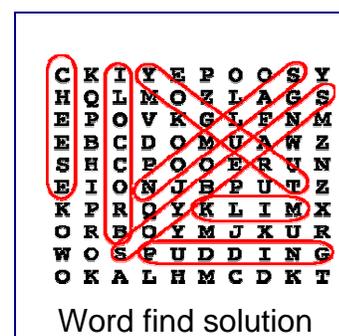
*For more information about food, nutrition, or health, contact your local County Extension Office.*

## Choosing Dairy Foods on a Budget



Buying healthy foods usually costs more money. To keep the grocery bill from growing:

- **Buy the form that costs less per serving:** Non-fat dry milk costs less than fresh milk and contains the same nutrients without the fat. Try adding non-fat dry milk to mashed potatoes, soups, meatloaf, and casseroles.
- **Buy the size that costs less per serving:** A gallon of milk costs less per serving than milk in smaller containers. Cheese in large packages costs less per serving than the same amount in smaller packages.
- **Buy the kind of package that costs less per serving:** Store brand products cost less per serving than name brands. Cheese in blocks costs less per serving than shredded or sliced cheese.



Original material created by Amber Hairston, County Extension Agent, Family and Consumer Sciences White County.

Word find solution