



Calcium

We need calcium for:

- Strong bones and teeth
- Muscles to work
- Blood to clot

How do we get enough calcium?

- Have 3–4 servings of high calcium foods each day.



Foods High in Calcium

Serving Sizes*

Food	1–3 Years	4–5 Years	Women
Milk	½ cup	¾ cup	1 cup
Yogurt	½ cup	¾ cup	1 cup
Cheese	¾ ounce	1 ounce	1 ½ ounces
Ice cream, frozen yogurt	¾ cup	1 cup	1 ½ cups
Cottage cheese	1 ¼ cups	1 ¾ cups	2 ½ cups
Soy or rice milk, calcium fortified	½ cup	¾ cup	1 cup
Juice, calcium fortified	½ cup	¾ cup	1 cup
Sardines, with bones	1 ½ ounces	2 ¼ ounces	3 ounces
Salmon, canned with bones	2 ½ ounces	3 ¾ ounces	5 ounces
Tofu, with calcium sulfate	4 ounces	6 ounces	8 ounces
Collard greens	¼ cup	½ cup	¾ cup
Spinach	½ cup	¾ cup	1 ¼ cups
Turnip greens	¾ cup	1 cup	1 ½ cups
Bok choy	1 cup	1 ½ cups	2 cups
Soybeans	1 ¼ cups	2 ¾ cups	2 ¼ cups
Beans, peas	1 cup	2 cups	3 cups
Mustard greens, broccoli, kale	1 ½ cup	2 ¼ cups	3 ¼ cups

*The calcium in each serving listed above equals the calcium in one serving of milk.

Great Food Combos:

- Broccoli with melted cheese
- Stir-fry tofu and bok choy
- Canned salmon (with bones) and spinach or spinach salad

What if milk upsets my stomach?

- You can try low lactose and lactose-free dairy products and non-milk sources of calcium.
- WIC offers low lactose milk or soy based beverage.
- Ask your WIC nutritionist for more information about getting enough calcium.

Try this recipe for Salmon Patties (Makes 4 patties)

Ingredients:

- 1 can (14.5 ounces) of **salmon**, drained
- 1 slice of **bread**, torn into small pieces
- 1 **egg**, lightly beaten
- ½ cup finely chopped **celery**
- ½ cup finely chopped or grated **carrot**
- ½ cup finely chopped **onion**
- 1 tablespoon **mayonnaise**
- 1 tablespoon **lemon juice**

Directions:

1. Remove skin from salmon if desired. In a medium bowl break up the salmon and mash bones well with the back of a fork.
2. Add the rest of the ingredients. Mix well.
3. Firmly press about ½ cup of the mixture into a 1 inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and heat over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.



Source: www.FoodHero.org



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