



Habit #3

Get your calcium-rich foods

Each of my family members needs 3 cups of milk or milk products each day to get enough calcium.

For one day, we might:



- Drink 1 cup of low-fat milk or put it on our cereal for breakfast (counts as 1 cup of milk).



- Drink 1 cup of fat-free or low-fat milk for lunch (counts as 1 cup of milk).



- Eat 1 cup of low-fat yogurt as dessert at our evening meal (counts as 1 cup of milk).

On other days for one of the cups of milk, we might eat 2 ounces of low-fat processed cheese.



Tips on buying milk and milk products:

- My family switched from whole milk to fat-free milk. We did not need the extra fat in whole milk. We changed a little at a time. First, we switched from whole to reduced-fat (2%) milk. Later, we changed to low-fat or fat-free milk. Now, that's all we drink.
- We also eat fat-free or low-fat cheese and yogurt. I feel great knowing that my family is making healthy choices.

Tips on serving milk and milk products:

- One of my kids cannot drink milk. The doctor told me he is lactose intolerant. The nutrition educator showed me other items I can serve, like lactose-free milk and calcium-fortified foods such as calcium-fortified orange juices, soy/rice drinks, and cereals.
- I read labels carefully to make sure I'm buying calcium-fortified foods.
- I use fat-free or low-fat milk, yogurt, and cheese in foods that I make.

Try these recipes to get calcium-rich foods in your meals.



Orange Banana Frosty

Serving Size: 1/2 cup | Makes: 2 servings

Ingredients:

- 1 small frozen banana, cut into chunks
- 1/2 cup plain low-fat yogurt
- 1/2 cup orange juice

Instructions:

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Snack Menu

Orange Banana Frosty



Sure To Please Baked Eggs and Cheese

Serving Size: 1/4 of recipe | Makes: 4 servings

Ingredients:

- 1 tablespoon oil
- 6 eggs*
- 1/2 cup fat-free milk
- 1/2 cup low-fat grated cheese
- 1 teaspoon garlic powder
- 1½ teaspoons oregano

Instructions:

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

* 4 eggs plus 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol.

TIP: This recipe does not have to be just for breakfast. Consider using this recipe as a main dish at lunch or supper.

Breakfast Menu

Sure To Please Baked Eggs and Cheese

Whole-wheat toast

100% fruit juice