



University of Nevada
Cooperative Extension

Your foodLINK



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Build Strong Bones

Healthy Recipe:

Frozen Yogies—(serves 8)

1 cup orange juice with calcium
2 cups vanilla low-fat or fat-free yogurt
1 tsp. vanilla

Combine juice, yogurt, and vanilla in mixing bowl and blend until smooth. Pour into 3 ounce paper cups within ¼ inch of top. Cover with foil. Make a slit in center of foil and insert Popsicle® stick or plastic spoon. Freeze until firm. To eat, peel paper from pop and enjoy! 64 calories each

References: Adapted from Healthy Families EFNEP curriculum, Colorado State University Cooperative Extension and University of California Cooperative Extension.

Center for Nutrition Policy and Promotion, United States Department of Agriculture, www.mypyramid.gov

Parenting Tip

Getting enough calcium is important for people of all ages! Children, teenagers, and pregnant women need calcium to build strong bones. Adults need calcium to keep bones strong and prevent loss of calcium from the bones. As a parent, be a good role model by enjoying calcium-rich foods like milk and yogurt with your children.



Calcium is the single most likely nutrient to be missing from the American diet. Calcium is important for building strong bones and teeth, regulating blood pressure, and functioning of nerves, as well as many other body processes. Getting enough calcium is important throughout the life cycle. Most importantly, increasing calcium consumption decreases risk or osteoporosis. Osteoporosis is a painful condition, which is characterized by decreased bone mass and bone tissue, and increased risk of bone fractures.

Why is it important to make fat-free and low-fat choices from the milk group? Foods such as low-fat (1%) and fat-free (skim) milk have just as much calcium and other nutrients as whole milk products but without all the calories, fat, saturated fat and cholesterol. Choosing foods from the milk group that are high in saturated fats and cholesterol can increase your blood cholesterol levels and the risk of heart disease. To help keep blood cholesterol and heart healthy, limit whole milk dairy products and select those that are fat-free or low-fat.

Wise ways to add calcium to your diet

- Drink milk with your meals. Choose fat-free or low-fat milk.
- Buy orange juice with calcium.
- Enjoy a piece of string cheese.
- Munch on a bowl of cereal and milk (for extra calcium, choose a cereal with at least 20% of the Daily Value of calcium).
- Snack on a fat-free or low-fat yogurt.
- Crunch some almonds once in a while.
- For dessert, make pudding with fat-free or low-fat milk.
- Make a dip for fruits and vegetables from yogurt.
- Top a baked potato with fat-free or low-fat yogurt.
- Make fruit smoothies with fat-free or low-fat milk or yogurt.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900 ext. 47200 or visit www.welfare.state.nv.us. All organizations contributing to this publication are equal opportunity providers and employers.

How much calcium do I need each day?

Children ages 1-3	500 milligrams (mg)
Adolescents 9-18	1,300 mg
Adults 19-50	1,000 mg
Adults 51+	1,200 mg
Pregnant/Lactating up to age 18	1,300 mg
ages 19-50	1,000 mg

What foods are excellent sources of calcium?

Yogurt (1 cup) – 400 mg
Milk (1 cup) – 300 mg
Orange juice with added calcium (1 cup) – 300 mg
Soy or rice drinks with added calcium (1 cup) – 300 mg
Tofu made with calcium (1/2 cup) - 300 mg
Cheese (1 ounce) – 200 mg
Canned salmon with bones (3 ounces) – 200 mg
Cooked greens (1/2 cup cooked): Collards=178 mg; turnip=124 mg; Chinese cabbage/mustard=77 mg
Almonds (1 ounce—22 whole almonds) – 75 mg

