



# CALCIUM

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

### 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 these foods that are high in calcium each day to get all the calcium you need.

|                                |                                     | SERVING SIZES |               |               |           |
|--------------------------------|-------------------------------------|---------------|---------------|---------------|-----------|
|                                |                                     | FOOD          | 1-3 Year Olds | 4-5 Year Olds | Women     |
| MILK PRODUCTS                  | Milk                                |               | ½ cup         | ¾ cup         | 1 cup     |
|                                | Yogurt                              |               | ½ cup         | ¾ cup         | 1 cup     |
|                                | Cheese                              |               | ¾ ounce       | 1 ounce       | 1½ ounces |
|                                | Ice cream, frozen yogurt            |               | ¾ cup         | 1 cup         | 1½ cups   |
|                                | Cottage cheese                      |               | 1¼ cups       | 1¾ cups       | 2½ cups   |
| NON-MILK PRODUCTS              | Soy or rice milk, calcium fortified |               | ½ cup         | ¾ cup         | 1 cup     |
|                                | Juice, calcium fortified            |               | ½ cup         | ¾ cup         | 1 cup     |
|                                | Sardines, with bones                |               | 1½ ounces     | 2¼ ounces     | 3 ounces  |
|                                | Salmon, canned with bones           |               | 2½ ounces     | 3¾ 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         | 1¼ cups       |           |
| Turnip greens                  |                                     | ¾ cup         | 1 cup         | 1½ cups       |           |
| Bok choy                       |                                     | 1 cup         | 1½ cups       | 2 cups        |           |
| Soybeans                       |                                     | 1¼ cups       | 1¾ cups       | 2¼ cups       |           |
| Beans, peas                    |                                     | 1 cup         | 2 cups        | 3 cups        |           |
| Mustard greens, broccoli, kale |                                     | 1½ cups       | 2¼ cups       | 3¼ cups       |           |

## 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.
- Ask your WIC nutritionist for more information about getting enough calcium.



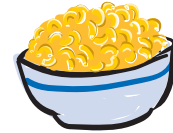
This institution is an equal opportunity provider.

Developed by the California WIC Program  
California Department of Public Health  
1-800-852-5770

Arnold Schwarzenegger, Governor, State of California  
Kimberly Belshé, Secretary, California Health and Human Services Agency  
Mark B. Horton, MD, MSPH, Director, California Department of Public Health

## Try this recipe for Macaroni and Cheese:

|                                     |                                               |
|-------------------------------------|-----------------------------------------------|
| 1 package (8 ounces) elbow macaroni | 4 ounces (1 cup) shredded mild cheddar cheese |
| 3 tablespoons butter                | ½ teaspoon salt or less                       |
| 3 tablespoons flour                 | ⅛ teaspoon ground pepper                      |
| 1½ cups milk                        |                                               |



### Recipe Directions:

1. Cook macaroni following package directions, and drain water off.
2. While macaroni is cooking, make the cheese sauce:
  - Melt butter in a large saucepan over medium heat.
  - Add flour, and stir together until it is well blended.
  - Slowly add milk and cook, stirring until sauce thickens and is smooth.
  - Reduce heat and stir in cheese, salt and pepper.
  - Remove pan from heat, continue stirring until mixture is smooth and well blended.
3. Mix macaroni and cheese sauce. Makes 4-5 servings.