



Mooore Calcium!

Ask your Nutrition Educator to introduce you to one of our services below:



Monthly Mentions

Nutrition Tip: Making a smoothie with yogurt, milk, and fruit can pack over 700 milligrams (mg) of calcium! The recommended intake is anywhere from 1000-1300 mg a day. Throw these ingredients in a blender for a tasty treat: 1 1/2 cups frozen strawberries, 1 cup frozen pineapple chunks, 1/2 cup milk, 1 1/2 cups yogurt, 1 cup of crushed ice.

Fruit & Vegetable: For pomegranate and chick pea recipes, visit our website:
<http://www.drexel.edu/nutritioneducation/>

Now In Season: Grapefruit, Kiwi, Pears, Tangerines, Brussels Sprouts, Collard Greens, Turnips, Winter Squash

December Health Observations:
National Hand Washing Awareness Month,
World Aids Day

Nutrition Education in Action



Diana and Bianca from George Washington High School display their vegetable artwork.

Tasty Topics

Six out of ten boys and seven out of ten girls do not get the calcium they need. Calcium is the most important mineral for your bones and teeth. It can keep our bodies strong and prevent diseases such as osteoporosis. MyPlate recommends that individuals consume three servings of dairy per day. Foods in the dairy group such as yogurt, cheese, and milk are typically high in calcium. Vitamin D is also needed to help the body absorb calcium in the digestive tract. Good sources of Vitamin D include milk, fortified cereals, and certain fish. Fifteen minutes of direct sunlight exposure 2-3 times per week may also be sufficient.

In addition to having a diet with "Mooore Calcium", weight bearing physical activity also helps to keep our bones strong. Running, walking, dancing, and weight lifting are examples of physical activity that can help to improve bone density. So to help build a strong body, enjoy a variety of foods rich in calcium and vitamin D and be physically active!

Nutrition Nibble

Are you lactose intolerant or just don't like the taste of dairy products? Here are some alternate calcium rich foods:

- Dark green veggies such as spinach or broccoli
- Figs and beans
- Lactose free dairy products
- Fortified foods, such as orange juice with calcium or certain fortified cereals
- Soy products, such as calcium fortified soy milk or tofu

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

THERE ARE 22 DAIRY FOODS HIDDEN IN THIS PICTURE. CAN YOU FIND THEM ALL?

WHERE'S THE DAIRY?

Visit WWW.3ADAY.ORG for more fun ways to eat milk, cheese and yogurt every day!

"MOOS" YOU CAN USE

Eating 3-A-Day of Dairy is as easy as breakfast, lunch and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk, munch sticks of string cheese at lunch and for a snack, have a cup of lowfat yogurt. Yum!

BE A "DAIRY DETECTIVE"

Color in all the milk, cheese and yogurt you can find. Score bonus points if you know what eating three servings of these dairy foods everyday can do for you.

Answer:
Build stronger bones and better bodies.



KEY

Swiss Cheese Slice



Cheese Wheels



Frozen Yogurt Pops



Cheese Cube



Glass of Milk



American Cheese Slice



Milk Bottle



Yogurt cups



Milk Gallon



String Cheese



MILK IT!

Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, have mom help you mix up lowfat milk with fat free pudding and add your favorite fruits for an extra kick!

DID YOU KNOW?

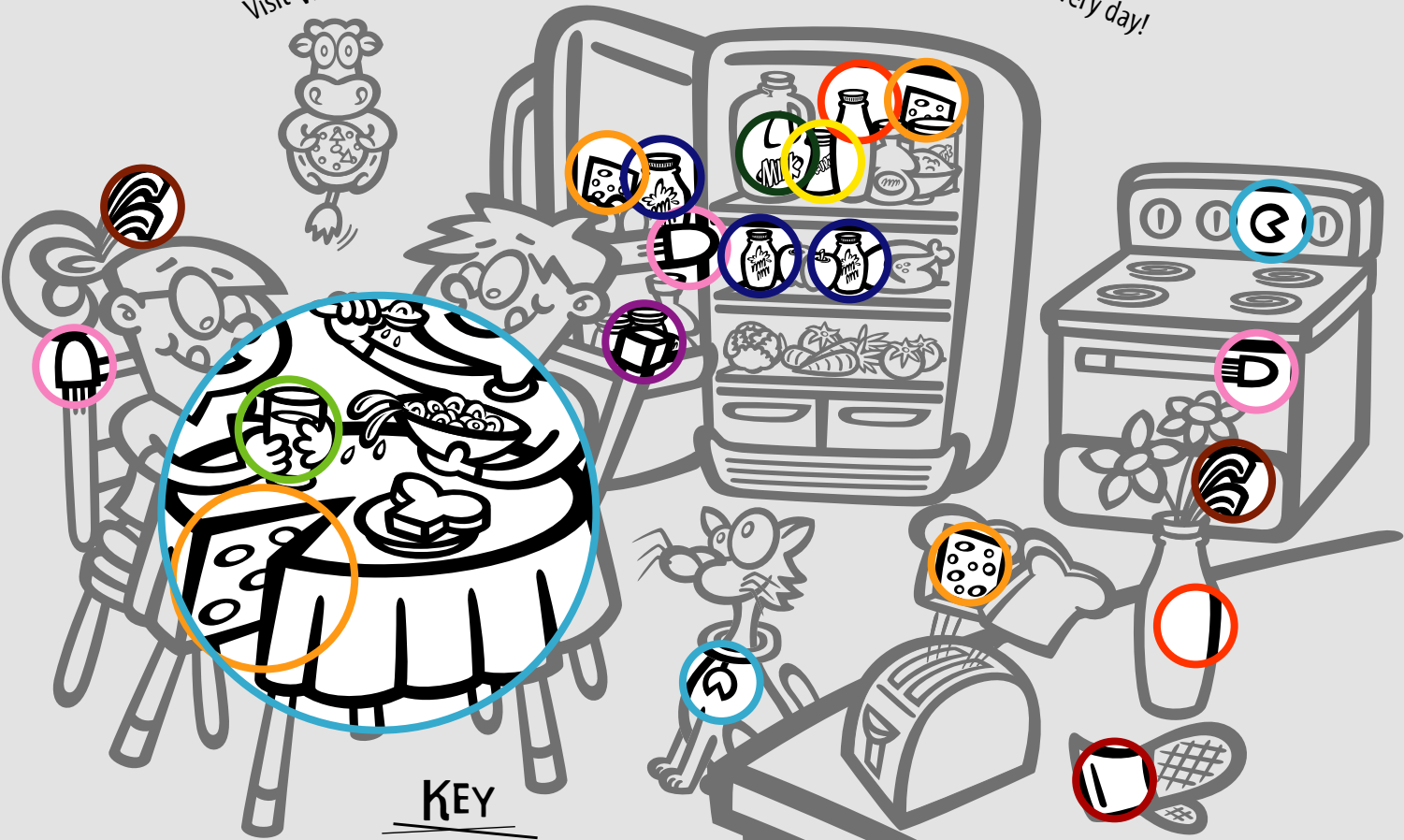
Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?



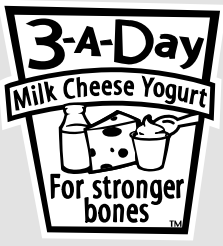
Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACES, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.







WHERE'S THE DAIRY? ANSWER KEY

Visit WWW.3ADAY.ORG for more fun ways to eat milk, cheese and yogurt every day!



KEY



-  Swiss Cheese Slice
-  Frozen Yogurt Pops
-  Cheese Wheels
-  Cheese Cube
-  Yogurt cups
-  Glass of Milk
-  Milk Gallon
-  American Cheese Slice
-  String Cheese
-  Milk Bottle
-  Milk Bottle

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