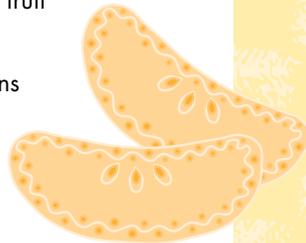


Sample Menu

Total Calcium: 1,826 mg

Breakfast

- 1 cup lowfat yogurt with fruit
- 1 medium-size apple
- ¾ cup oatmeal with raisins
- ¾ cup calcium fortified 100% orange juice

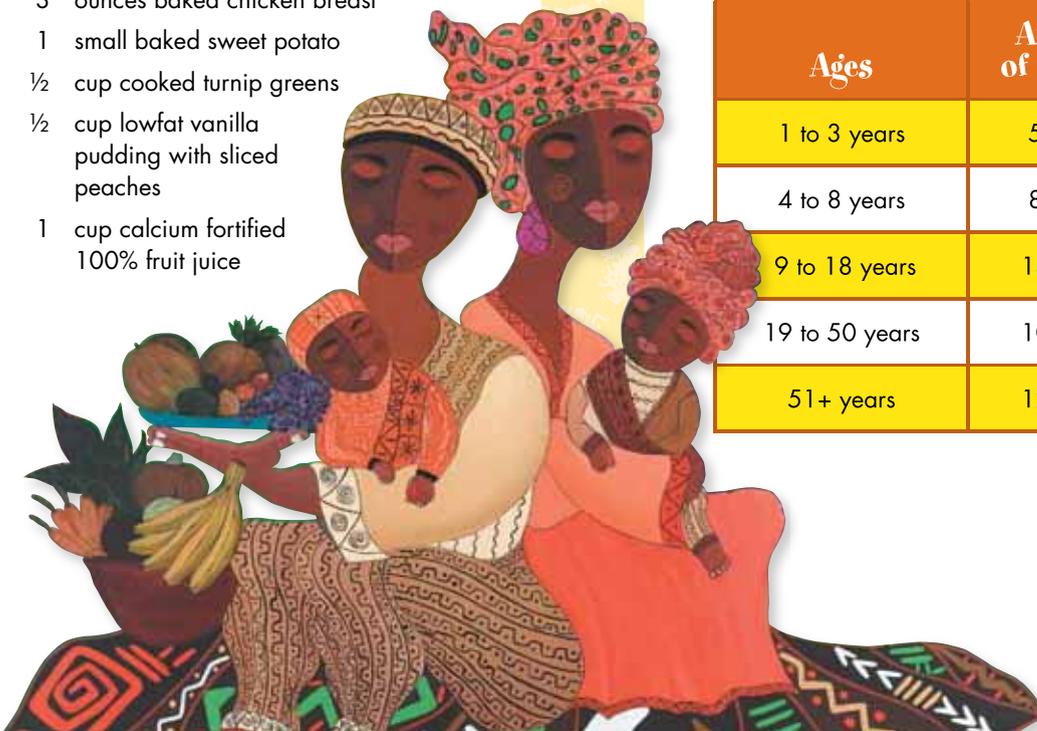


Lunch

- 1 tuna salad sandwich with lettuce, tomato, and lowfat cheese
- 1 cup spinach salad
- 2 tablespoons lowfat salad dressing
- 1 medium-size nectarine
- 1 cup lowfat milk

Dinner

- 3 ounces baked chicken breast
- 1 small baked sweet potato
- ½ cup cooked turnip greens
- ½ cup lowfat vanilla pudding with sliced peaches
- 1 cup calcium fortified 100% fruit juice



What is calcium?

Calcium is a mineral that is important to the health of your body. About 99 percent of the calcium that is found in your body is in your bones and teeth.

While calcium keeps your bones and teeth strong, it also helps your muscles contract, heart to beat, blood to clot, nervous system send messages in the body, and may even help lower the risk of high blood pressure.

Who needs calcium?

Everyone needs calcium throughout life to help build and maintain a healthy body. Here are the daily amounts needed for you and your family:

Ages	Amount of Calcium
1 to 3 years	500 mg
4 to 8 years	800 mg
9 to 18 years	1300 mg
19 to 50 years	1000 mg
51+ years	1200 mg



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The California 5 a Day Campaign is administered in part by the Public Health Institute. It is led by the California Department of Health Services in cooperation with the National 5 A Day Partnership.

For more information, visit us at:

www.ca5aday.com

1-888-328-3483

Arnold Schwarzenegger, Governor
State of California

Kimberly Belshé, Secretary
Health and Human Services Agency

Sandra Shewry, Director
Department of Health Services



Funding provided by the USDA Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods for a healthier diet.

For information about Food Stamps, please call 1-888-328-3483.



Get Your Calcium the Fruit & Vegetable Way



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African American 5 a Day Campaign
California Department of Health Services

What foods are good sources of calcium?

For most people, dairy foods are the major source of calcium in the diet. However, some fruits and vegetables also contain calcium and others help the body absorb or retain calcium. Choosing foods from the list below can help you meet your calcium needs and help you get the fruits and vegetables your body needs for good health.

Fruits and vegetables that are good sources of calcium

Collard greens
Spinach (cooked)
Turnip greens
100% cranberry juice blend (calcium fortified)
100% orange juice (calcium fortified)

Other fruit and vegetable sources

Broccoli
Cabbage
Figs
Green beans
Kale
Mustard greens
Okra
Oranges
Raisins
Strawberries
Sweet potatoes

Other foods

Almonds
Black-eyed peas
Breakfast cereal (calcium fortified)
Canned salmon (with edible bones)
Lowfat cheese (cheddar/American)
Lowfat or nonfat cottage cheese
Lowfat frozen yogurt
Lowfat ice cream
Lowfat pudding
Lowfat or nonfat yogurt
Oatmeal
Oysters
Pinto beans
Sardines (with edible bones)
Soy milk (calcium fortified)
Tofu (with calcium)
Tortillas
White beans
1% or nonfat milk



What happens if you don't get enough calcium?

If your food choices don't supply enough calcium, your body takes calcium from your bones. Over time, this makes your bones weak and increases your risk of osteoporosis.

To build and maintain strong bones, it's important to eat calcium-rich foods and get plenty of physical activity every day. Regular weight-bearing physical

activity benefits bone health from childhood through later years. Enjoy daily activities with your family and friends like walking, dancing, jogging, and lifting light weights.



Fruit Smoothie

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Makes 8 servings
½ cup per serving

Nutrition information per serving:

Calories:	150
Carbohydrate:	34 g
Protein:	3 g
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	80 mg
Calcium:	132 mg
Dietary Fiber:	1 g

INGREDIENTS

2 cups calcium fortified soy milk (or nonfat milk)
1 (12-ounce) can strawberry banana frozen juice concentrate (other fruit juices can be used)
1 banana
2 cups ice cubes
1 cup orange juice

PREPARATION

Place soy milk, frozen juice, banana, ice cubes, and orange juice in a blender container. Blend on medium speed until smooth. Serve immediately.

What is lactose intolerance?

Do you have discomfort after drinking milk or eating dairy products? If you answered yes to this question, you may have lactose intolerance. Many African Americans suffer from lactose intolerance. Studies show that as many as 75 percent of African Americans are lactose intolerant.¹

Lactose is a natural sugar found in milk and other dairy products. Some people cannot digest and absorb lactose completely. This can cause gas, cramps, intestinal rumbling, bloating, and/or diarrhea.

¹National Digestive Disease Information Clearinghouse (2003). Lactose Intolerance. (NIH Publication No. 03-2751). National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Health, Bethesda, MD.

What can help lactose intolerance?

If you have problems digesting milk and other dairy products, try smaller amounts with meals, lactose-free milk, natural aged or ripened cheeses such as Swiss and cheddar, or yogurt with active cultures. Always consult your physician to be sure you have lactose intolerance.

