



# C A L C I U M

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.



California Department of Public Health,  
California WIC Program  
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## 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.