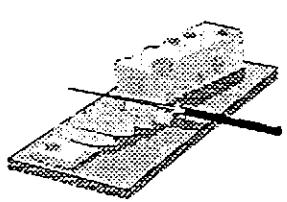
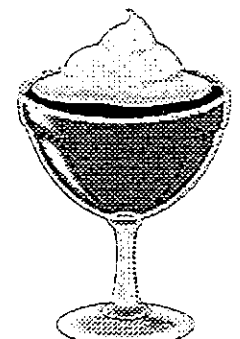
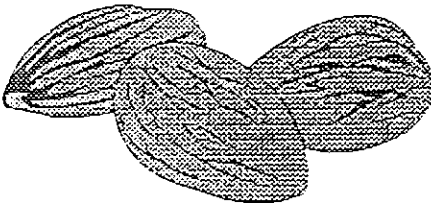


INCREASING YOUR CALCIUM INTAKE

SOURCES	SUGGESTIONS	FOODS TO TRY
<p>Very Good Source 250-400 milligrams/serving</p> 	<ul style="list-style-type: none"> ◇ Non-fat, low-fat, whole milk, buttermilk.....1 cup ◇ Powdered milk..... 1/4 cup ◇ Yogurt....1 cup ◇ Sardines.....3 oz. ◇ Swiss cheese.....1oz slice ◇ Calcium fortified orange juice.....1 cup 	<p>Meal and Snack Plan:</p>
<p>Good Sources 150-250 milligrams/serving</p> 	<ul style="list-style-type: none"> ◇ Cheddar, Jack, Muenster, and American cheese....1 oz. ◇ Processed cheese spreads....1 oz. ◇ Pudding....1/2 cup ◇ Frozen yogurt...3/4 cup ◇ Creamed soup....1 cup ◇ Salmon, canned (with bones)..3oz. ◇ Collard greens,cooked..1 cup ◇ Turnip greens, cooked...1 cup ◇ Broccoli, cooked.....1 cup ◇ Tofu (firm)....1/2 cup ◇ Corn tortillas....4 tortillas 	<p>Recipe Idea:</p>
<p>Fair Sources 50-150 milligrams/serving</p> 	<ul style="list-style-type: none"> ◇ Mozzarella cheese....1 oz ◇ Feta cheese....1 oz ◇ Cottage cheese....1/2 cup ◇ Ice cream....1/2 cup ◇ Dry beans, cooked.....1 cup ◇ Kale, cooked....1 cup ◇ Evaporated milk..... 1 oz. ◇ Dried figs..... 5 figs ◇ Orange..... 1 medium ◇ Dates.... 1/4 cup ◇ Almonds....1 oz 	<p>Shopping List:</p>

This nutrition material is provided to you by:

Copyright © 1997 Nutrition Prescriptives
P.O. Box 4417, West Hills, CA 91308

Universal Care Health Education 1-800-635-6668 Ext. 5055