



Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson **7**

Calcium: it's not just for kids!

Calcium in the diet builds bone during childhood and the teen years. Yogurt, milk and soy milk have potassium, which helps you have healthy blood pressure.

What counts as 1 cup milk?

One cup of milk is used to compare the amount of calcium and other nutrients in other dairy foods. Here are some examples of how other foods stack up to the nutrients in one cup of milk:

- 6-ounce container yogurt = $\frac{3}{4}$ cup
- 2 slices hard cheese like cheddar, mozzarella
- 3 slices processed cheese like American
- $\frac{1}{3}$ cup shredded cheese
- 2 cups cottage cheese
- 1 cup pudding made with milk
- 1 cup frozen yogurt
- $1\frac{1}{2}$ cups ice cream

What about cream cheese?

Cream cheese, cream and butter have little or no calcium so they aren't counted as part of the dairy group.



Calcium throughout the day

Here are some tips for adding calcium-rich foods each day:

- 🕒 **Before school:** Make a smoothie with fat-free or low-fat milk and fruit.
- 🕒 **At lunch:** Add a carton of low-fat milk to go with lunch instead of soda or a sugary drink.
- 🕒 **After school:** Dip baby carrots in a dip made with fat-free or low-fat plain yogurt.
- 🕒 **Dinner:** Add some reduced fat or low-fat cheese to a dinner salad.
- 🕒 **Evening snack:** Have a container of low-fat vanilla or fruit-flavored yogurt instead of cookies.

Recipes

Orange velvet smoothie

Makes 4 cups

What you need:

- 2 ½ cups fat-free milk
- 1 6 ounce container low-fat vanilla yogurt
- 1 6 ounce can frozen orange juice concentrate, thawed
- 1 teaspoon vanilla
- quart jar with tight-fitting lid

Directions:

1. Wash hands and surfaces.
2. Put all ingredients in jar and close lid tightly.
3. Shake the jar until the mixture is smooth with no lumps. Pour into cups. Enjoy!
4. Refrigerate leftovers immediately.



Simply fruit smoothie

Makes 1 cup

What you need:

- ¾ cup low-fat strawberry frozen yogurt
- 1 cup 100 percent orange juice

Directions:

1. Wash hands and surfaces.
2. Add ingredients to blender and blend until smooth.
3. Add a little extra juice if the smoothie is too thick.
4. Refrigerate leftovers immediately.

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There's no power like your power. You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer fat-free or low-fat milk and yogurt at meals and snacks.