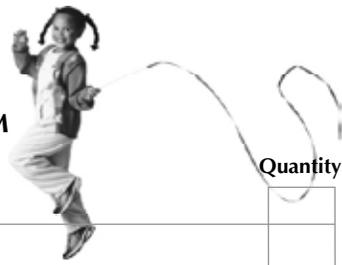
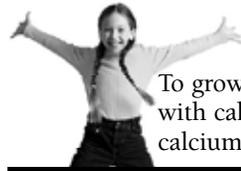


Grocery List

SHOPPING FOR FOODS WITH CALCIUM



	Quantity
Dairy	
Grains	
Fruits and Vegetables	
Meats/Beans	
Beverages	
Other	



To grow strong, your daughter's bones need a balanced diet that includes foods with calcium. She should aim for 1,300 milligrams (130% Daily Value) of calcium each day. Here's a list of foods to help her get the calcium she needs.

Item	Suggestions for use	Portion per person	Calcium per portion in milligrams (% Daily Value)
Fat-free or low-fat yogurt (fruit flavored or plain)	Try a different flavor for every day of the week	1 cup	315-450 (30-45%)
Ricotta cheese, part skim	Great on pasta, pizza, and in quiche	1/2 cup	337 (35%)
Orange juice with added calcium	Smoothies go a long way when you add orange juice	1 cup	300 (30%)
Fat-free or low-fat milk (plain or flavored)	Great with meals, snacks, or on its own	1 cup	300 (30%)
Soy beverage with added calcium	It's a treat added to cereals, baked goods, smoothies, or on its own	1 cup	250-300 (25-30%)
Tofu (with calcium sulfate on ingredient list)	Adds a calcium boost to stir fries, sandwiches, soups, and low-fat desserts — try it marinated, grilled, sautéed or baked	1/2 cup	204 (20%)
Low-fat cheese (such as part-skim low-moisture mozzarella or American)	Great on pasta, sandwiches, with apple slices, or homemade pizza	1 ounce	174-207 (20%)
Collards (boiled, frozen)	Great steamed or added to stir fries, soups, or a variety of cooked meals	1/2 cup cooked	179 (20%)
English muffins, whole wheat	Ideal for breakfast, snacks, or lunch — they make great sandwiches, too	1 muffin	175 (20%)
Broccoli	Try it raw or steamed, or add it to soups, stir fries, casseroles, salads, or pasta	1 cup	90 (10%)
Kale (boiled, frozen)	Great steamed or added to stir fries, soups, or a variety of cooked meals	1/2 cup cooked	90 (10%)
Sesame seeds	Quickly toast for a delicious addition to stir fries, Asian noodles, salads, breads, or cookies	1 table-spoon	88 (8%)
Bok Choy (a.k.a. Chinese cabbage)	A terrific addition to soups or stir fries — try it in salads or on its own, too	1/2 cup	80 (8%)
Almonds (dry roasted)	Adds a crunch on top of yogurt, cottage cheese, and a variety of cooked dishes	1 ounce	71 (8%)
Oatmeal (instant with added calcium)	A tasty way to get calcium for breakfast	1 packet	100 (11%)
Cereal with added calcium	Eat for breakfast with low-fat or fat-free milk, or a soy beverage with added calcium, enjoy as a snack, or mix with fat-free or low-fat yogurt	1 ounce	300 (30%)
Milk (lactose reduced)	A way to get calcium for those who are lactose intolerant	1 cup	300 (30%)



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