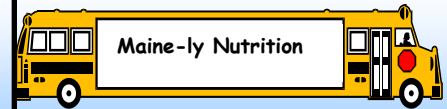


Maine-ly Nutrition Info Sheet

The Importance of Calcium

March 2005



Calcium is important for building bone mass in children.



Peak bone mass is achieved by age 26, but the greatest amount is added to the skeleton **between ages 10 and 20**. This means that getting enough calcium during this time helps ensure that the skeleton will reach optimal bone density.



Children need 1300 milligrams of calcium each day to meet their needs. One 8-ounce glass of milk has 300 milligrams.*



Although milk and dairy products are the best sources of calcium, dark green vegetables, dried beans (legumes), and calcium fortified juices are also good sources.



According to the 2003 Maine Behavior Risk Survey, 77% of Maine adolescents do not get the minimum amount of calcium each day needed for proper bone mass development.

**For a listing of the calcium content in common foods, go to:*

<http://huhs.harvard.edu/HealthInformation/CWHCWellnessInformationCalciumContent.htm>

What Can We Do?

- ◆ Offer low-fat and fat-free dairy products in place of soda and other high sugar drinks
- ◆ Try high calcium recipes in class (see the included recipe sheet)
- ◆ Work with your School Food Service program:

The school milk experience can influence a child's milk-drinking behavior for life. Research has shown that by presenting milk cold, in a variety of flavors, in appealing, re-sealable packaging, and merchandised attractively that more students will buy and consume milk.

In Maine, three schools have implemented this program, called the *New Look of School Milk*. They have seen an average increase of 41% in milk sales and an average increase of 59% in ounces sold. Considering that 9 out of 10 teen girls and 7 out of 10 teen boys don't get the recommended amount of calcium, these are exciting results! To find out how to implement this exciting program in your school, contact the Maine Dairy & Nutrition Council at 287-3621 or info@drinkmainemilk.org



Easy calcium recipes for your classroom!



Yogurt Salad Dressing

(Makes 8 servings. Serving size: 2 tablespoons.)

The mayonnaise gives a nice creamy texture to the yogurt. The herbs and lemon juice add a delicious burst of flavor.

INGREDIENTS:

8 ounces plain yogurt, fat-free
1/4 cup mayonnaise, fat-free
2 tablespoons chives, dried
2 tablespoons dill, dried
2 tablespoons lemon juice



DIRECTIONS: Mix all ingredients in bowl and refrigerate, covered. Don't forget to stir before serving!

Calcium Note: Use this dressing with broccoli and/or spinach salads (good sources of calcium) and boost the calcium content even more.

These dark green vegetables contain vitamin K which also helps strengthen bones!

Nutrition analysis per serving: Calories: 23; Sodium: 84 mg; Total fat: 0 g; Calcium: 72 mg; Saturated fat: 0 g; Magnesium: 10 mg; Cholesterol: 1 mg; Potassium: 104 mg; Fiber: 0 g

Courtesy of National Heart, Lung & Blood Institute - DASH recipes: http://hin.nhlbi.nih.gov/nhbpep_kit/recipes.htm

Spiced Honey Yogurt Fruit Salad Dressing

(Makes enough dressing for 1 cup of fruit -- 1 to 2 fruit salad servings. This recipe is easy to double, triple or even quadruple!)

INGREDIENTS (Per 1 Cup of Fruit:)

1/4 cup low-fat or fat-free vanilla yogurt
1-1/2 teaspoons honey
1/8 teaspoon cinnamon
2 cups chopped or sliced fruit (oranges, apples, pear, grapes, kiwi, strawberries, etc.)



DIRECTIONS:

1. Mix yogurt, honey and cinnamon until well-blended.
2. Add fruit to dressing and stir to combine.
3. Cover and refrigerate for about a half-hour before serving to allow flavors to blend.