



DAILY DAIRY

A CITY HARVEST
FRUIT BOWL
PARENT EDUCATION
HANDOUT

Dairy products have a concentrated amount of calcium that is better absorbed than most other foods containing calcium

THE FACTS...

According to the United States Department of Agriculture (USDA), nine out of ten women and seven out of ten men are not getting the calcium they need every day. Children, beginning when they are toddlers, are also not getting enough calcium in their diets, according to the Centers for Disease Control.

WHAT'S SO GREAT ABOUT CALCIUM?

Calcium is essential for building and maintaining strong bones and teeth and also important in other functions related to nerves, muscles, and blood clotting.

HOW MUCH IS ENOUGH?

The amount of calcium you need may vary depending on your age: while it is recommended that children get 2 serving of foods high in calcium, those who are older may need about 4. It is suggested that teenagers and pregnant or lactating women should get the highest amounts.

WHERE CAN YOU FIND CALCIUM?

- Yogurt, milk and cheese have the highest levels of absorbable calcium
- Other non-dairy sources include: spinach, collard greens, Swiss chard, oranges, celery, tofu (listed in order of greatest to least).
- Even spices like basil and cinnamon have calcium!
- Look for calcium-fortified products in the grocery store.

Try this recipe for **BANANA BREAD** where yogurt is added for extra calcium!

Ingredients:

2 large over-ripe bananas,
mashed

¼ cup applesauce

1 cup vanilla yogurt

1 ¼ cups sugar

2 eggs

2 cups all purpose flour

2 cups all purpose flour (may
substitute part with whole wheat
flour)

1 tsp baking powder

1 tsp baking soda

¼ tsp salt

½ cup walnuts, chopped

Directions:

1. Heat oven to 350.

2. In a large bowl mix well the apple sauce and sugar to form a paste. Beat in the eggs.

3. In a separate bowl mix bananas and yogurt. Add banana mixture into large bowl with apple sauce/sugar.

4. Combine the flour, baking powder, baking soda and salt well and then add to banana mixture. Stir in walnuts if desired.

5. Spray a 9x13 inch pan with cooking spray and pour in batter. Bake at 350 for about 50min or until toothpick comes out clean.

Substitute your favorite nut for walnuts and try adding dried fruit, chocolate chips or using a fruit flavored yogurt.