

## Dairy and Calcium

### The Calcium Connection

Calcium is the most important mineral in your body. It is important during growing years for bone growth. As we get older, it helps keep our bones strong. It may also help regulate blood pressure and protect against colon and breast cancer.



#### Milk and milk products are our best source of dietary calcium.

The MyPyramid recommends 3 cups of milk or yogurt from this group each day or its equivalent. Other choices would be 1½ oz of low-fat, fat-free, or reduced fat natural cheese and 2 oz of low-fat or fat-free processed cheese.

#### Other foods high in calcium

include fish where bones are eaten (canned sardines or salmon), calcium-fortified foods (ex. some orange juice and breakfast cereals), tofu (bean curd), dark green vegetables and foods made with milk such as macaroni and cheese, puddings, cream soups and cheese pizza.



#### Have a problem with gas and bloating after drinking milk?

You may be lactose intolerant. Try lactose-reduced milk, acidophilus milk or try using lactaid tablets with milk. You also may be able to tolerate yogurt, cheese or foods cooked with milk.



# MEXI-MAC (MEXICAN MACARONI)

- 1 tablespoon flour
- 1 teaspoon chili powder
- 3 1/2 cups 1% or skim milk
- 1 8-ounce package macaroni
- 1 cup chopped green pepper
- 2 cups (8-ounces) reduced-fat Cheddar cheese
- 1 16-ounce can kidney beans, drained

Combine flour and chili powder. Gradually stir in milk. Add macaroni and green pepper. Cover and bring to simmering. Reduce heat and simmer 10 minutes, stirring occasionally. Stir in cheese until melted. Add beans. Cover and heat 5 to 8 minutes. Serves 6

*Each serving provides 359 calories, 23 gm protein, 9 gm fat, 32 mg cholesterol, 403 mg sodium and 197 mg calcium.*

*Serve with a vegetable salad, crusty bread and a tall glass of cold milk. Add a piece of fresh fruit for dessert.*



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