

CALCIUM “THE BONE BUILDER”

We need calcium for:



Strong bones and teeth



Muscles and nerves
to work



Healthy heart



Reduces harmful
lead absorption

Meat, fish, chicken and sunshine (natural Vitamin D) are needed to use calcium.



How do we get enough calcium?

- ⇒ Eating a variety of healthy foods from all food groups can help you meet your needs.
- ⇒ Eat calcium-rich foods everyday.

WIC Foods with Calcium

Dairy



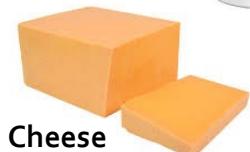
Soymilk



Milk



Yogurt



Cheese

Vegetables



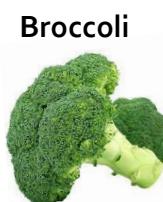
Wingbeans
(sigidiyas)



Bokchoy



Spinach



Broccoli



Kale



Taro root

Protein

Sardines
with bones



Canned salmon
with bones



Tofu



Note: Choose boneless canned fish for children to reduce risk of choking.

Other good sources of calcium:

- Fortified 100 % orange juice
- Fortified ready-to-eat cereals
- Fortified almond milk, unsweetened
- Tahini (sesame butter or paste)

Calcium-rich recipes using your WIC foods*

Bone-Tastic Broccoli and Cheese Soup

Makes: 4 servings

Ingredients:

2 cups low-fat milk*

2 TBSP. butter

1/2 cup finely chopped onion*

3 TBSP. flour

2 cups water or low-sodium chicken stock

2 cups broccoli*, finely chopped

1–8 oz. block cheddar cheese*, grated

1/2 teaspoon salt

1/4 teaspoon ground pepper

Each serving provides 410 calories, 20 grams protein, 14 grams carbohydrates, 321 milligrams calcium, 13 grams fat, 400 milligrams sodium, 4 grams fiber.

Directions:

1. Melt butter in a soup pot, add onion and cook until tender. Blend in flour, salt, and pepper.
2. Add potatoes, stirring constantly. Add water or broth and let it boil until thick and potatoes are soft.
3. Add the broccoli and simmer for 2-3 minutes. Stir in milk until smooth. Add the cheese and cook until cheese melts.



Tip: Complete the meal with apple slices, whole-grain-crackers, and a glass of water.

Source: NWA 2014 WIC Calendar

Stir-fry Tofu with Bok Choy

Makes: 6 servings

Ingredients:

1 LB. firm tofu*, drained

1 TBSP. vegetable oil

2 TBSP. green onions*, thinly sliced

1 TBSP. ginger, minced*

3 cups bok choy*, cut into bite-sized pieces

2 TBSP. low-sodium soy sauce

Directions:

1. Cut tofu into 1-inch cubes.
2. In a large skillet, heat oil until hot. Add green onions and ginger and cook until soft.
3. Add tofu and stir-fry for a few minutes. Add bok choy and soy sauce. Mix well.
4. Cover pan and cook on low heat until bok choy is tender but still crunchy.



Tip: Serve hot with brown rice.

Source: NWA 2014 WIC Calendar

For more calcium information and recipes visit:

<https://wicworks.fns.usda.gov/resources/calcium-vitamin-d-and-your-bones>

Guam WIC Program

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