

Family Nutrition In Action

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WHAT ABOUT VITAMIN D?

Vitamin D helps the body absorb calcium for healthy bones. Many Americans do not get enough vitamin D. So the 2010 Dietary Guidelines for Americans recommends that you increase this nutrient in your diet daily. Here are some foods high in vitamin D:

Natural Sources

- Fatty fishes like salmon or tuna
- Eggs

Fortified Sources

- Milk
- Some yogurts
- Soy milk (soy beverages)
- Breakfast cereals
- Orange Juice

For more information, contact your local County Extension Office:

DAIRY MATTERS

Do you know if you get enough calcium from the foods you eat? Calcium is a mineral needed for children to grow healthy bones and teeth. In adults, calcium helps to maintain the bone mass. **Calcium** is one of the most important nutrients that you get from foods in the dairy group.



Remember that **milk, yogurt, cheese**, and fortified **soy milk** (soy beverage) are part of the dairy group. Foods in the dairy group also have nutrients such as vitamin D (for fortified items), potassium, and protein.

How much dairy do I need each day?

- Children 2 to 3 years need 2 cups
- Children 4 to 8 years need 2½ cups
- People over 9 years old need 3 cups

A cup of dairy is equal to:

- 1 cup of milk, yogurt or soy milk
- 1.5 ounces natural cheese (Cheddar)
- 2 ounces processed cheese (American)

Choose dairy foods that are low-fat or fat-free. You will still get nutrients without too much saturated fat or calories!

Regular cream cheese, cream, and butter are not part of the dairy group. They are high in saturated fat and do not have calcium!

How much calcium do I need?

The amount of calcium you need depends on your age. It can range between 700 to 1300 milligrams (mg) per day.

Dairy Foods	Calcium (mg)
Milk, low-fat, or soy milk*, 1 cup	300
Yogurt, low-fat, fruit, 1 cup	200
Cheddar cheese, 50% less fat, 1 ounce	200

**Read the label to be sure you get 300 mg of calcium per cup.*

DIGESTING DAIRY

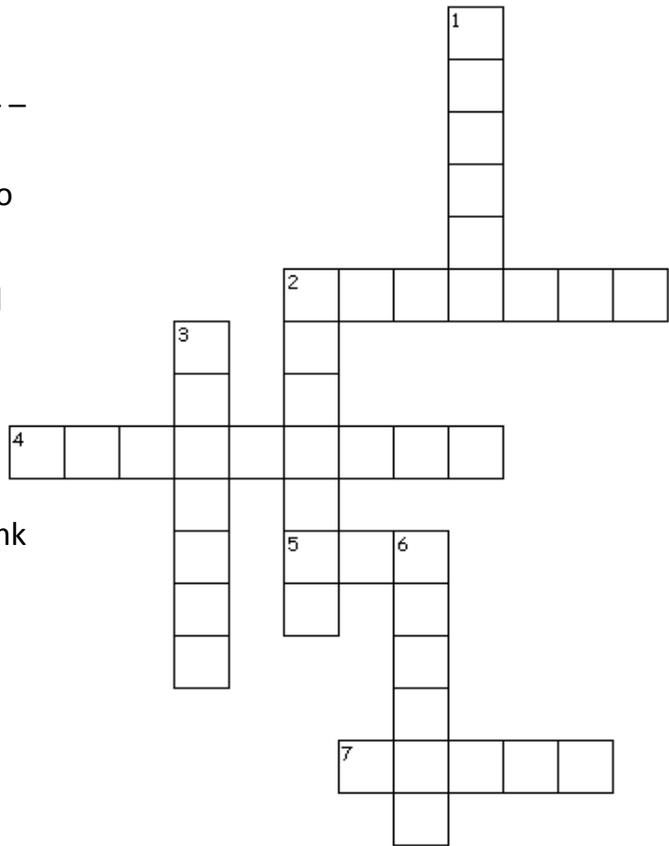
When people have problems eating dairy foods it is often caused by lactose. Lactose is a natural sugar in cow's milk. Some people do not have an enzyme called lactase to digest lactose which can cause cramps, gas, or diarrhea and is called lactose-intolerance. Talk to a doctor if you think you are lactose intolerant. Sometimes certain dairy foods or smaller amounts of dairy products may help. Complete the puzzle below for other tips.

Across

- 2. Eat dairy foods that are low-_____ or lactose-free.
- 4. Drink milk when you eat solids foods to slow down _____.
- 5. Drink ___ beverage (soy milk) instead of cow's milk.
- 7. _____ small amounts of milk.

Down

- 1. Increase the _____ of milk you drink slowly over time.
- 2. Take the enzyme _____ as a pill when eating dairy foods.
- 3. Choose natural _____ such as Cheddar and Swiss.
- 6. Try _____, some have only small amounts of lactose.



Answers: Across—2. lactose, 4. digestion, 5. soy, 7. drink
Down—1. amount, 3. yogurt, 3. cheeses, 2. lactase



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711.

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