

## Don't Get a "D" in Dairy This Summer

School's out! Scheduled milk breaks are over for most children during the summer months. Having milk with meals and/or regular milk breaks all year is a good plan for all of us. During June, National Dairy Month, consider the health benefits of dairy foods.



### Enjoy Calcium-rich Dairy

Milk is an excellent source of calcium, vitamin D, protein and many other nutrients. As most of us learn in school, we need calcium and vitamin D for strong bones and teeth.

Calcium also helps blood clot and muscles contract, helps regulate blood pressure and helps our nerves send messages from our brain to the rest of our body. Some research has shown that dairy foods may help prevent obesity and colon cancer.

### Know Your Calcium Needs

Many people do not get the amount of calcium they need. About 10 million Americans have osteoporosis, a condition of weak, fragile bones. Health experts especially are concerned about the amount of calcium that women, teens and the elderly consume.

Age group	Calcium needs (milligrams)
1 to 8	500 to 800
9 to 18	1,300
19 to 50	1,000
Women 51+ (with HRT*) and men 51+	1,200
Women 51+ (without HRT*)	1,500
Pregnant or breast-feeding women	1,200

\* HRT = hormone replacement therapy

### Get Your Calcium Every Day

These are examples of foods with about 300 milligrams (mg) of calcium:

- 1 cup milk
- 1½ ounces cheddar, American or mozzarella cheese
- ¾ cup plain yogurt
- 2 slices pizza (¼ of a 12-inch pizza)
- 1¼ cups navy beans
- 5½ ounces salmon (canned with bones)
- 1 cup calcium-fortified orange juice

**Quick Tip**

Compare Nutrition Facts labels. To figure out the amount of calcium in foods, add a zero to the number by "percent daily value." For example, a food with 30 percent of the daily value has 300 milligrams of calcium.

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Here's a tasty calcium-rich snack or breakfast drink featuring both milk and yogurt.

## Strawberry Banana Smoothie

- 1½ cups low-fat milk
- 1 pint low-fat vanilla yogurt
- 2 ripe bananas, peeled and sliced
- 1¼ cups sliced strawberries (frozen or fresh)
- 2 tablespoons honey (or sugar)
- 12 to 14 ice cubes

In blender, combine milk, yogurt, banana, strawberries and honey. Add enough ice to measure 6 cups in blender. Process until smooth, scraping sides as necessary.



*Makes five servings.*

*Each serving has 196 calories, 2.4 grams (g) fat, 38 g carbohydrate and 268 milligrams calcium.*

Source: Midwest Dairy Council, [www.midwestdairy.com](http://www.midwestdairy.com)

I am supposed to take a calcium supplement because I have a milk allergy. I noticed some supplement labels say “calcium citrate” and others say “calcium carbonate.” I’m not sure what kind to choose. Can you help?

Be sure to discuss supplements with your health-care provider(s). The calcium in both calcium carbonate and calcium citrate supplements are used well by the body. They may differ in price, so be a comparison shopper.

Calcium carbonate should be taken with food because it needs acid to be absorbed. Acid is released by your stomach following a meal. Calcium citrate is absorbed well on an empty stomach.

Compare the amount of calcium in supplements. Nutrition experts recommend that we consume only about 500 milligrams at a time. You need vitamin D for calcium to be absorbed, so look for calcium supplements that contain vitamin D, too.

I heard someone talking about drinking “raw milk.” Is it safe?

Raw milk has not been pasteurized, or heat treated, to kill harmful bacteria. Health experts do not consider raw milk safe to drink and, in most states, it is illegal to sell. The milk we buy in stores has been pasteurized.

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Contact the local office of the  
NDSU Extension Service  
for more information  
on food and nutrition or  
managing your food dollar.

