

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program



Nutrition Information

While dairy foods are the best source of calcium, other foods also contain calcium. Dark green leafy vegetables and fish with soft bones that you can eat add calcium to the diet. Foods such as orange juice, soymilk, bread, and cereals and other grain foods may have calcium added by the manufacturer.

Some foods, like beans, chard, beet greens, rhubarb, and spinach, contain oxalates and phytates. While these things make it harder for our body to use the calcium in such foods, they are still good choices. To make it easier for our bodies to use the

Nondairy Foods with Calcium

calcium in these foods, you should

- pick dark green leafy vegetables such as kale, collard, mustard or turnip greens, green cabbage, or bok-choy;
- prepare these foods with lemon juice or vinegar to increase calcium absorption; and
- soak beans (navy, pinto, red) or chick-peas in water for several hours, drain the water, cover with fresh water, and cook.

Shopping Tips

- Read food labels to know how much calcium is in your favorite food.
- Check the percent daily value of calcium—the higher the better.
- Look for the words “calcium fortified” or “calcium rich” on the label.
- Be sure soymilk is fortified with calcium and tofu is made with added calcium.

Tip

Tired of the same old foods? Try at least one new high-calcium food or recipe every week or month to add variety and pizzazz to your diet.

Tips Affecting Different Age Groups

Eating nondairy foods high in calcium helps to meet calcium needs. This is very important for teens and older adults. Their calcium need is higher than that of people 19 to 50 years old.

The table at bottom lists nondairy foods with calcium. People who are allergic to milk or have lactose intolerance need to eat these foods to help meet their calcium need.

Nondairy Sources of Calcium

Food	Calcium
1 packet oatmeal, calcium fortified	350 mg
1 cup orange juice, calcium fortified	300 mg
3 ounces sockeye salmon, canned with bones	200 mg
½ cup tofu, firm with calcium sulfate	204 mg
½ cup collard greens, cooked	175 mg
2 ounces almonds	150 mg
1 cup cereal, ready-to-eat, calcium fortified	100–1,000 mg
½ cup turnip greens, cooked	100 mg

Examine Your Choices

Food	What I use	What I plan to try
Example: Fish	Tuna canned in water	Canned salmon with bones

My Goal:

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References

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Apple Salmon Salad

Serving Size: Makes 6 servings

Ingredients

- 1 can (15½ ounces) canned salmon with bones
- 2 red apples, cored and diced
- 1 Tablespoon chopped onion
- 1 cup low-fat yogurt
- ¼ teaspoon pepper
- ½ teaspoon dried dill
- 2 Tablespoons vinegar

Directions

Remove the core, and cut apples into pieces. Peel and chop onion. In one bowl, mix the salmon with the diced apples. In another bowl, mix the onion, yogurt, pepper, dill, and vinegar. Stir the two mixtures together in the same bowl. Refrigerate until ready to use.

Tips

A quick and easy meal to prepare for summer days. Serve with fresh salad greens.

Nutrient Information

Per serving: 166 calories, 16 g protein, 6 g fat, 2 g saturated fat, 12 g carbohydrate, 1 g fiber, 49 mg cholesterol, 342 mg sodium, 191 mg calcium

Recipe Source: Penn State Cooperative Extension, EFNEP

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