

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Get Your Calcium Rich Foods

Milk products are the best foods to provide calcium for bone growth and maintenance.

Teens and adults should have 3 cups (3 servings) of fat-free milk, low-fat milk, or equivalent milk products (yogurt and cheese) every day.

Children (ages 2 to 8) should have 2 cups (2 servings) of fat-free milk, low-fat milk, or equivalent milk products (yogurt and cheese) every day.



**Milk Group**

Get your calcium-rich foods

### Serving sizes of milk, yogurt, and cheese:



- 1 cup milk
- 1 cup yogurt
- 1 1/2 to 2 ounces of cheese



### Hot Cinnamon Cocoa Serves 6

|                                  |   |
|----------------------------------|---|
| 1/4 cup unsweetened cocoa powder | 2 cinnamon sticks or 2 tsp. ground cinnamon |
| 2 Tbsp. sugar                    | 1 1/3 cups nonfat dry milk powder and       |
| Dash salt                        | 3 cups water <u>or</u> 3 cups skim milk     |
| 1 cup water                      | 1/4 tsp. vanilla                            |

1. In saucepan, combine unsweetened cocoa powder, sugar, and salt.
2. Add the 1 cup water and cinnamon. Bring to boiling, stirring constantly. Reduce heat. Simmer for 5 minutes.
3. Mix 1 1/3 cups nonfat dry milk powder in the 3 cups water.
4. Add to chocolate mixture. Bring just to boiling; stir in vanilla. Serve.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 5 ~ sodium 65 mg ~ total carbohydrate 13 g ~ fiber 1 g

### **Vegetable Chowder** Serves 4

|                            |                                  |
|----------------------------|----------------------------------|
| 1 Tbsp. cooking oil        | 2 Tbsp. flour                    |
| 1/2 cup diced celery       | 3 cups skim milk                 |
| 1/2 cup chopped onion      | 1/2 cup cooked peas              |
| 1/2 cup sliced carrot      | 1/2 cup shredded or cubed cheese |
| 1/2 cup diced green pepper | Pepper to taste                  |

1. Place oil in medium saucepan. Add celery, onion, carrot and green pepper.
2. Cook vegetables on medium-high heat until onion is tender.
3. Stir in flour. Gradually add milk; cook and stir until mixture thickens.
4. Blend in peas, cheese, and pepper. Serve hot.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 8 g ~ calories from fat 70 ~ sodium 260 mg  
~ total carbohydrate 21 g ~ fiber 2 g

## **Include more milk products in your diet.**

- Use milk when making homemade or canned soups such as tomato, clam chowder, and cream of mushroom soup.
- Make hot cereals and instant hot chocolate/cocoa with milk instead of water.
- Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes.



### **Non-dairy foods that also provide calcium:**

- calcium-enriched orange juice
- greens like turnip and beet
- tofu (with calcium sulfate)
- cooked dried beans
- sardines and canned salmon
- okra
- (with bones)



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