



EveryBODY Needs

# Calcium



## Calcium:

- Is an important mineral for your family.
- Builds strong teeth and bones.
- Keeps your nerves and muscles healthy.
- Helps prevent bone disease, heart disease, and colon cancer.



## ■ What does calcium do for my body?

Calcium is good for your body, from head to toe. It builds strong teeth and bones, protects your heart, and keeps your muscles healthy. Calcium is especially important for growing children and teenagers, and pregnant and breastfeeding women. Getting enough calcium each day is important for the whole family and is easier than you may think.

## ■ What foods have calcium?

Many foods contain calcium, including many of your WIC foods. Check each food from the list that you plan to eat:

**Most dairy foods are high in calcium. What dairy foods will you eat more of?**

- Milk
- Yogurt
- Cheese
- Cottage cheese



**Some non-dairy foods also contain calcium. Which of these non-dairy foods will you try?**

- Calcium-fortified orange juice, grains, or cereals
- Fortified soy milk
- Tofu made with calcium sulfate
- Pinto, white, garbanzo, or soy beans
- Canned salmon or sardines with bones
- Almonds, sesame, or sunflower seeds
- Spinach, broccoli, okra, kale, arugula, or turnip greens



Keep the nutrition, lose the fat. Fat free and low-fat (1%) dairy foods have all the nutrition of whole fat dairy foods, but fewer calories.



## ■ How much do we need?

- Children 1-3 years old: 2 servings
- Children 4-8 years old: 2 ½ servings
- Children 9 years and older: 3 servings
- Adults: 3 servings

## ■ What counts as a serving?

- 1 ½ ounces cheese
- 1 cup yogurt
- 1 cup milk or calcium-fortified soymilk
- 1 cup firm tofu made with calcium sulfate
- 1 cup calcium-fortified orange juice
- 3 ounces canned sardines or 5 ounces canned salmon (eaten with bones)
- 1 ¼ cups cooked dark green vegetables, such as spinach or broccoli



## ■ What if I feel sick after eating dairy?

**Lactose intolerance** can cause stomach pain, bloating, diarrhea, or nausea shortly after eating dairy. People with lactose intolerance can usually eat lactose-free dairy or small amounts of hard cheeses and yogurt.

A **milk allergy** is more serious and can cause hives, rashes, breathing problems, vomiting, diarrhea, or other symptoms throughout the body. People with a milk allergy need to avoid anything made with dairy products.

Ask your doctor if you think that you or your child has a lactose intolerance or milk allergy. A doctor can help you decide if a calcium supplement is right for your family. WIC has other food options available like tofu, soymilk, and lactose-free milk if you or your child has special dietary needs. Ask your WIC nutritionist for more information.

# Sample menu high in calcium



## Breakfast

- Oatmeal prepared with milk
- Calcium-fortified orange juice



## Lunch

- Black bean and cheese quesadillas
- Salad made with fresh arugula or kale and topped with sunflower seeds



## Dinner

- Baked chicken
- Pasta primavera
- Glass of milk



## Snacks

- Mango parfait with yogurt
- Cheese stick and almonds

**WIC helps you make amazing kids!**

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