Healthy Bones
“Sticks and stones may break my bones, but calcium foods may help it”

Calcium is important to keep our bones and teeth healthy. It is also important to keep our body working properly. There are many foods that contain calcium including the following:

Milk or Milk Products
- Milk, yogurt, cheese, cottage cheese, dry powdered milk, evaporated milk, and frozen yogurt are good calcium sources.
- Sour cream and cream cheese do not have enough calcium for it to be a good source.
- Ice cream may contain some calcium but may also be high in fat and sugar, so it should be eaten in moderation.

Non-Dairy Sources
- Almonds, beans, and green vegetables such as broccoli, mustard greens, and spinach.
- Canned salmon and sardines are sources of calcium if the bones are eaten.

Added Calcium
- Some foods are fortified with calcium. This means calcium is added to foods to increase its nutritional value. These foods may include soy milk, rice milk, or almond milk, orange juice, or cold breakfast cereal.
- Calcium may also be added to tofu as part of the manufacturing process.

Creamy Fruit/Vegetable Salad

Ingredients:
- 1 cup fresh, frozen or canned fruit
- 1 cup fresh or frozen vegetables
- ½ (8 ounces) container flavored lowfat yogurt

Directions:
1. Depending on fresh, frozen or canned fruits or vegetables used:
   - CHOP fresh ingredients OR
   - THAW frozen ingredients OR
   - DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve.

* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Food Stamp Nutrition Education Program