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Milk Group: Boning Up on Calcium

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You can increase your calcium intake in many ways:

1. **Cook with milk and cheese.** Add milk instead of water to soups, casseroles, breads, hot cereals, and desserts. Use either fresh fluid milk or reconstituted nonfat dry milk – milk powder you have mixed with water. Adding nonfat dry milk powder adds calcium to meats, vegetables, cereals, and other foods.
   - **Ground meats, fish, or chicken:** Add ½ to ¾ cup nonfat dry milk for each pound of ground meat. Mix with meat, fluid, or crumbs.
   - **Cooked cereals:** Mix an equal amount of nonfat dry milk and cereal before cooking, then cook following directions on the package.
   - **Mashed vegetables:** Add ½ cup nonfat dry milk for each 2 cups of mashed vegetables, such as potatoes, squash, sweet potatoes, and turnips.
   - **Sauces, gravies, soups, puddings, and custards:** Add 4 tablespoons nonfat dry milk for each cup of water or broth in the recipe.

2. **Include milk as a beverage in family meals.**
   - **Scrambled eggs:** Add 1 tablespoon nonfat dry milk and 1 tablespoon water for each egg.
   - **Baked goods:** Fortify biscuits, breads, rolls, cakes, cookies, and pancake batter by adding ½ cup nonfat dry milk for each cup of water in the recipe. Add shredded cheese to meat loaf, salads, sandwich fillings, or other favorite foods. Sprinkle cheese over fruit or add it to milk sauce and serve over vegetables or meat.

Add milk in these ways:

- To improve the taste of milk made from nonfat dry milk, mix it with an equal amount of fluid milk or add a drop or two of vanilla. Chill before serving.

Did you know that milk is the best source of calcium for all ages? It is also an excellent source of protein and other nutrients. Make sure to include milk in your diet.

**Milk Group**
Boning Up on Calcium

**Milk Group**
Get your calcium-rich foods

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• Make hot chocolate with milk. Make homemade milk shakes by adding ice milk, mashed berries, or bananas to milk and mixing well.

3. Include cooked or raw, dark leafy greens in family meals.
• Serve collards, turnip greens, and kale as vegetables or in salads. Add small pieces of mackerel or sardines to green salads for extra calcium.

• For snacks, try plain yogurt with fresh fruit, frozen yogurt on a stick, cheese chunks, string cheese, milk beverages, or raw broccoli served with a cottage cheese and yogurt dip.
• For dessert, serve custard, milk pudding, or an ice milk sundae topped with fresh, canned, or frozen fruits.

**Calcium-Rich Recipes**

Make the following recipe for cream soup mix. Use it as a base for cheese soup or any cream soup, such as cream of potato, cream of chicken, or cream of broccoli. Substitute the cream soup mix for one undiluted 12-ounce can of condensed cream soup by mixing 1¼ cups of water with 1 cup of soup mix.

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**Cream Soup Mix**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat dry milk</td>
<td>2 cups</td>
</tr>
<tr>
<td>Chicken bouillon powder</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Basil</td>
<td>1 teaspoon    (optional)</td>
</tr>
<tr>
<td>Minced onion flakes</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Thyme</td>
<td>¼ teaspoon    (optional)</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ teaspoon</td>
</tr>
</tbody>
</table>

1. Combine nonfat dry milk, cornstarch, onion flakes, pepper, and chicken bouillon. If desired, add basil and thyme. Mix well and place in an airtight container. Store in a cool, dry place away from strong odors.

2. When using the mix, combine ½ cup of mix with 1¼ cups of water in a saucepan. Cook and stir until thickened.

3. For variations, melt cheese into the soup, or add cooked broccoli, cauliflower, potatoes, other vegetables, or chicken.

**Yield:** 3 cups soup mix  
**Per serving:** 125 calories; 0 g fat; 3 mg cholesterol; 1660 mg sodium  
**Calcium:** 1 serving equals 1 cup milk  
**Note:** To lower sodium content, substitute low-sodium chicken bouillon or reduce or omit chicken bouillon powder

Recipe provided by <www.allrecipes.com>
**Yogurt-Fruit Smoothie**

Makes 2 servings

¼ cup strawberry yogurt

⅓ cup nonfat dry milk

½ banana

¾ cup orange juice, chilled

½ cup strawberries (optional)

1. Put ingredients into a blender or food processor and blend until smooth.

Yield: 2 servings

**Per serving:** 150 calories; 0 g fat; 2 mg cholesterol; 100 mg sodium

**Calcium:** 1 serving equals 1¼ cups milk.

**Note:** For variety, try using various juices and frozen fruits in combination with different flavors of yogurt.

Recipe provided by Washington State Dairy Council

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