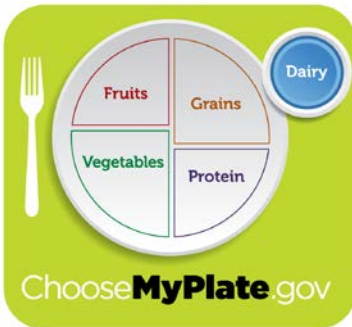


Tips for Increasing Calcium in Your Diet



Include low fat or fat free milk or calcium-fortified soy milk (soy beverage) as your drink at mealtime.

If you usually drink whole milk, gradually switch to a lower fat milk. Try reduced fat milk (2%), then low fat milk (1%), and finally fat free milk (skim).



If you drink lattes or cappuccinos, ask for them to be made with fat free (skim) milk. Skip the whipped cream topping.

Add low fat or fat free milk to your oatmeal, hot chocolate, or condensed cream soups instead of using water.

Have low fat or fat free yogurt as your snack. You can make fruit-yogurt smoothies or a fruit and yogurt parfait.



For dessert, make pudding with low fat or fat free milk, or top cut-up fruit with vanilla yogurt.

Use plain low fat or fat free yogurt to top your baked potato instead of sour cream.

Top casseroles, soups, stews, chili, or vegetables with shredded low fat cheese.

Source: ChooseMyPlate.gov, United States Department of Agriculture.



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