Calci-YUM!
Bulletin Board Lesson
PB-000-01

Bulletin Board and Self-Paced Interactive Lesson Cover Sheet

• You must include all components of the display to have a complete lesson. All components can also be downloaded and printed as low-resolution, 8.5” x 11” modular components at http://www.dhs.state.tx.us/wichd/nut/splessons-nut.shtm.
  ○ Included in packages (Stock no. 13-06-14688, 13-06-14688A)
    ▪ Title card with 3 graphics
    ▪ 6 key message cards
    ▪ 14 photos
    ▪ 1 recipe card holder
  ○ Not included in package
    ▪ Bilingual recipe cards – order from WIC catalog:
      1) Vegetable Stir-Fry with Tofu Recipe Card (Stock #13-06-14714)
      2) Mango Parfait Recipe Card (Stock #13-06-14715)
      3) Mexican Snack Pizza Recipe Card (Stock #13-06-14716)
  Recipe cards are also available for download and print at http://www.dhs.state.tx.us/wichd/nut/splessons-nut.shtm.
  ▪ Lesson evaluation questions for download and print at http://www.dhs.state.tx.us/wichd/nut/splessons-nut.shtm.
• A sample layout is provided at http://www.dhs.state.tx.us/wichd/nut/splessons-nut.shtm.
• You must have participants complete and return the Calci-YUM! lesson evaluation questions. Please review these questions with participants before issuing class credit.
• To order additional bulletin board displays from the WIC catalog, use stock #13-06-14688 (English) or #13-06-14688A (Spanish).
Calci-YUM!

Calcium helps you:
- Build strong bones.
- Have a healthy blood pressure.
- Keep muscles and nerves healthy so you can play with your family.
- Have strong teeth and a beautiful smile.

Can’t eat dairy or don’t like it?
If you don’t like dairy, or if you have lactose intolerance or a milk allergy, you can still get calcium without milk. Try some of these non-dairy foods with calcium:
- 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

What foods have calcium?
Dairy foods are the best source of calcium:
- Milk
- Yogurt
- Cheese
- Cottage cheese

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 You Need?
The number of servings of calcium you need every day depends on your age. The recommended daily amounts are:
- 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?
These foods count as one serving of calcium:
- 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 ½ cups cooked dark green vegetables, such as spinach or broccoli

Tips for getting enough calcium:
- Switch it up. Try different non-dairy sources of calcium to keep your taste buds happy.
- Make smoothies with milk or yogurt.
- Dip fruit and vegetables in yogurt or cottage cheese.
- Use milk to cook oatmeal and creamy soups.
- Add seeds or nuts to cereals and salads.
- Add beans to soups and salads.

Take a high calcium recipe home to try today
Calcium is an important nutrient for you and your family. This lesson will explain:

- Why calcium is important and how much you need
- What foods have calcium
- Tips for getting enough calcium

To receive credit for this class:

- Read the bulletin board.
- Answer the questions below.
- When you are finished, review your answers with a WIC staff member.

1. Look at the bulletin board. Name two reasons you need calcium every day.

   1. 
   2. 

2. Look at the list of foods that are good sources of calcium. Circle the food items that are good sources of calcium below.

   Milk
   Beef
   Bananas
   Spinach

3. Name a food other than milk and cheese that you can eat to get calcium: ____________

4. I need _____ servings of calcium foods each day.

   If you have children, how many servings do they need each day? ________________

5. Look at the recipes on the bulletin board. Which high calcium recipe will you take home and try this month?
Calcium helps you:

- Build strong bones.
- Have a healthy blood pressure.
- Keep muscles and nerves healthy so you can play with your family.
- Have strong teeth and a beautiful smile.
What foods have calcium?

Dairy foods are the best source of calcium:

- Milk
- Yogurt
- Cheese
- Cottage cheese

Keep the nutrition, lose the fat. Fat-free and low-fat (1%) dairy foods have all the nutrition of whole foods, but fewer calories.
Can’t eat dairy or don’t like it?

If you don’t like dairy, or if you have lactose intolerance or a milk allergy, you can still get calcium without milk. Try some of these non-dairy foods with calcium:

- 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
How Much Do You Need?

The number of servings of calcium you need every day depends on your age. The recommended daily amounts are:

- 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?

These foods count as one serving of calcium:

- **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**
Tips for getting enough calcium:

• Switch it up. Try different non-dairy sources of calcium to keep your taste buds happy.
• Make smoothies with milk or yogurt.
• Dip fruit and vegetables in yogurt or cottage cheese.
• Use milk to cook oatmeal and creamy soups.
• Add seeds or nuts to cereals and salads.
• Add beans to soups and salads.
Take a high calcium recipe home to try today