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## Low Fat – Lower Calorie Ways To Add Calcium to Your Diet

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- Skim or 1% milk contains the same amount of calcium as homogenized or 2% milk. Choose skim, 1% low fat evaporated or powdered milk all the time.

- Add  $\frac{1}{4}$  cup or 4 tablespoons of skim milk powder to 1 cup of skim or 1% liquid milk. This will increase the calcium from 300 mg to 500 mg per cup. You can also use this high calcium milk to make hot chocolate, chocolate milk, mashed potatoes, sauces, pudding, soup, cooked cereals and any other food you make with milk.



- Use skim milk powder, evaporated skim or 1% milk in coffee or tea in place of regular milk, cream or non-dairy creamer.

- Add 2 tablespoons of skim milk powder to muffin, cookie and cake mixtures. This will increase the calcium and not change the baking.



- $\frac{1}{2}$  cup of yogurt contains 200 mg of calcium. Choose 0% to 1% low fat yogurt. Add chives or seasoning to yogurt and use as salad dressing or dip for fruit and vegetables. Use yogurt instead of sour cream on baked potatoes, perogy and other food. Stir yogurt into sandwich fillings such as tuna and salmon instead of mayonnaise.

- Add  $\frac{1}{4}$  cup of vinegar to soup bones when making stock. This helps draw calcium from the bones into the stock.

- Eat and cook with low fat cheese. The label should say less than 7% milk fat (MF) or less than 7% butterfat (BF).

- 3 tablespoons of Parmesan cheese contains 225 mg of calcium. Add a dash of freshly grated Parmesan to soup, salad and casseroles.



- Choose tofu that is made with calcium sulphate. Mix with eggs, soup, stir fry or make a low calorie cheesecake.

- Prepare canned salmon by crushing the bones with the salmon and use in sandwiches, casseroles and salads.
- Try sardines on Melba toast with Dijon mustard.  
Four sardines with bones contains 184 mg of calcium.
- Stir fry calcium containing green vegetables such as kale, bok choy, and broccoli.

