



Nutrition Nibbles

Got Bones?

How many glasses of milk do you drink each day? How many servings of dairy do you eat on a regular basis? Do you got milk?

What is the big deal about milk anyway? It just happens to contain the largest, most affordable, and most readily absorbable source of calcium in the American diet. Calcium is an important mineral in bone and teeth health. Too little calcium and we end up with weakened, brittle bones or osteoporosis. Too much calcium rarely happens in the healthy individual. So the better question is: got calcium?

Are your bones at risk? Adults, ages 19-50, need 1000 milligrams (mg) of calcium daily. Adults, 51 and over, require 1200 mg. Pregnant women need 1300 mg each day to protect their own bones and to aid the development of their baby's bones. Interestingly, Americans only eat about half their necessary needs. **Bottom Line:** We all need to build up our bone health!

Dairy products, like one cup of low fat milk or yogurt, and 1 ½

ounces cheese, contain 300 mg calcium per serving or 30% of your Daily Value (DV). The Food Guide Pyramid recommends 3 servings of dairy daily to preserve and strengthen our bones. Dietitians and other health experts recommend choosing 1% and non-fat dairy products for heart health due to their low saturated fat content.



Got other sources of calcium? What happens if you don't like milk or it doesn't like you? You need to bone up on alternate sources of calcium, like calcium-fortified soy milk, rice milk, or orange juice, tofu processed with calcium,

canned salmon or sardines with bones. To ensure you are getting about 300 mg calcium per serving of these alternate foods, check the label. Aim for 30% of the Daily Value (DV) for calcium. Dark green veggies (soy beans, broccoli, kale, bok choy, collard greens, mustard greens, okra, Chinese cabbage), blackstrap molasses, and almonds can help you bone-up on calcium but you would need to eat a lot of them in order to meet your daily
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College Corner:

Nosh on This...

Not That!

College students top the chart when it comes to relying on quick, fast food as fuel. Unfortunately, some of their favorite choices don't get a gold star for nutrition. Check out these comparisons and pick up some new menu choices:

Typical Choice:

McDonald's Quarter Pounder with Cheese (510 calories, 26 g fat)

Better Choice: McDonald's Premium Grilled Chicken Classic Sandwich (420 calories, 10 g fat)

Make this substitution twice a week for a year and you will save over 9300 calories or almost 3 pounds of body fat!

Typical Choice: Jack in the Box Bacon Ultimate Cheeseburger (972 calories, 65 g fat)

Better Choice: Jack in the Box Hamburger Deluxe (344 calories, 18 g fat)

Make this substitution twice a week for a year and you will save more than 65,000 calories, 4888 fat grams, and keep 19 pounds of body fat off your frame!

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Questions or Comments? Email me at marymahoneyrd@comcast.net

Got Bones? continued...

recommendation. Incorporate greens into your varied diet, along with other strong sources of calcium to make sure you cover your bases.

Calcium Needs Some Help!

While calcium is critical to bone health, it does require some assistance. Vitamin D, aka the Sunshine Vitamin, is added to our dairy products and made naturally by sun-kissed skin. Vitamin D helps our body absorb calcium and utilize it more readily. Most of us need a minimum of 400 International Units daily. In addition to vitamin D, weight-bearing exercise can increase bone density and help prevent osteoporosis. Weight-bearing exercise includes walking, jogging, stair climbing, dancing, aerobics classes, hiking and tennis. This provides just one more reason to exercise on a regular basis.

The Jury is Still Out... Researchers are studying the possible link between adequate Vitamin K intake, bone mineral density and reduced bone fractures. Vitamin K is found in dark leafy greens. Your dentist recommends fluoride for strong, healthy teeth but does it impact your bones? Research

is underway. Stay tuned for more emerging science on these nutrients.

Bone-Up Basics:

- ◇ Aim for 3 sources of calcium-rich foods or beverages daily. (30% DV or 300 mg per serving)
- ◇ Don't shy away from sources of vitamin D, including short bursts of time in the sunlight.
- ◇ Fit some weight-bearing exercise in most days of the week.

Check out the latest spokesperson for the Got Milk? campaign. It's none other than Food Network Star and Registered Dietitian, Ellie Krieger. Check out her ad and short video on Vitamin D:



http://www.whymilk.com/celebrity/ellie_krieger

Eating Right Monthly Tip

April signals the start of asparagus season. Lightly boiled or oven-roasted, asparagus is a tasty source of potassium, folate, vitamins A, C, and E. These nutrients keep your heart healthy and help ward off type 2 diabetes and cancer. Enjoy this spring veggie!

College Corner continued...

Typical Choice: Taco Bell Cheesy Double Beef Burrito (460 calories, 20 g fat)

Better Choice: Taco Bell Chicken Burrito Supreme-Fresco Style (330 calories, 8 g fat)

Make the better choice twice each week for one year and save more than 13,500 calories and 4 pounds of body fat!

Dining Out-Done Right:

Often the cheapest items on the menu aren't the healthiest. "Value deals" are a great way to get money out of your pocket *and* extra weight on your body. Invest a little more cash towards your choices--your wellness is worth it! Size Matters when it comes to your orders. Simply by switching to a smaller size burger, you make a big impact on your health.

Check out next month's College Corner for better beverage choices.



Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty."

I'm bananas for bananas right now. One large banana has about 600 milligrams of heart-healthy and muscle-happy potassium, not to

mention a couple of grams of fiber.

My favorite way to eat bananas? On top of an English muffin with peanut or almond butter. This combo is a super easy and satisfying breakfast or snack.