

**Commodities Newsletter**

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**SNAP-Ed Program**  
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For questions regarding the commodities, please call 269-445-0231.

This project has been partially funded with Federal funds from the USDA, Supplemental Nutrition Assistance Program (SNAP) by way of the MI Department of Human Services (DHS) and the Family Nutrition Program (FNP) at Michigan State University. SNAP provides nutrition assistance to people with low income; it can help to buy nutritious foods for a better diet. FNP provides nutrition education to SNAP participants. To find out more, contact your local DHS office, check online at <http://www.mfia.state.mi.us/mars/index.asp>. In Michigan, you can also call the Center for Civil Justice Food Stamp Hotline (1-800-481-4989).

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## Calcium & Strong Bones

*Oconto County UW-Extension*

Most of us associate the growing years with the need for calcium. We know we need it for strong bones and think of milk as our main food source for calcium. We also associate the disease osteoporosis with a loss of calcium and bone mass in older adults. But beyond the basics, do you know how much calcium you need each day? Do you know what else calcium does for your body besides what it's best known for? And do you know what other important factors help build healthy bones? Read on and find out!

### Calcium: A Closer Look

The human body contains more calcium than any other mineral. An average adult carries around about three pounds of the stuff! About 99% of your body's calcium is in your bones—the remaining 1% is located in our body fluids and cells.

### Calcium in the Life Cycle

Yes, the need for calcium is especially strong in our growing years, but "boning up" is really a life-long process. During childhood, bones grow long and wide. From about age 20 to our early 30's, bones build toward their peak mass, becoming stronger and denser. After this time, our bones slowly lose minerals that give them strength. During each of these stages, your eating and lifestyle habits affect the health of your bones. No matter what your age, getting enough calcium now can

help you withstand the natural process of bone loss.

### "I'd Like to Make a Deposit"

Think of your bones as a bank, where calcium gets deposited and withdrawn daily. Small amounts that are used as needed for normal functioning need to be replaced with regular calcium deposits to keep bones strong—and even to build up a little "nest egg" of calcium for when your food choices come up short.

### Is Calcium Alone Enough for Strong Bones?

Getting enough calcium is one important factor in building healthy bones, but exercise is also crucial. Regular physical activity, like walking, dancing, and weight lifting also helps develop and strengthen bones. These types of activities trigger nerve impulses that, in turn, activate other body chemicals to deposit calcium in bones.

Here are some other things you can do to build bone when young, or to slow the bone loss that comes with aging:

- Be careful about dieting; eating plans that severely restrict food often restrict calcium, too.
- Avoid smoking and too much

- alcohol; both interfere with bone health.
- Exercise at least three times weekly.

## Calcium Doesn't Work Alone

...It works in partnership with other nutrients, like phosphorus and vitamin D. Vitamin D helps absorb and deposit calcium in bones and teeth. Phosphorus is important to the structure of bone. Together with physical activity, these nutrients help make sure you deposit more calcium than you withdraw from your bones.

## How Much Calcium?

Calcium is as important to adults as it is to children. The amounts we need for optimal health varies by age and other factors, but the recommendations for all groups have recently been increased. They are as follows:

Children 1-3	500 mg
Children 4-8	800 mg
Adolescents and teens 9-18	1,300 mg
Adults 19-50	1,000 mg
Adults 51 and older	1,200 mg



Pregnant and breast-feeding women also have increased calcium needs.

## Getting at the Source

Dairy foods provide 75% of all the calcium in our food supply. They also supply protein, vitamin D, and phosphorus. Despite recent controversy on the benefits of milk in preventing osteoporosis, the vast majority of scientific evidence still strongly supports the role of milk as the best source of calcium for bone development and prevention of osteoporosis.

Other foods also supply calcium, such as some deep-green leafy vegetables, fish with edible bones, and fortified foods like orange juice and breakfast cereal.

Think about the amount of calcium-containing foods you and your family eat. Do you eat enough of the following foods to meet the recommended amounts?

## Food

	Approximate Calcium (Milligrams)
Milk (1 cup)	295
Cheese Pizza (1 slice)	220
Yogurt, fruit (1 cup)	315
Calcium-fortified Orange Juice (1 cup)	225
Mac and Cheese (2 cups)	180
Orange (1)	50
Broccoli (2 cups)	45
Kale (2 cups)	45
Pinto Beans (2 cups)	40
Lettuce Greens (2 cups)	10

## More on Milk

Did you know that whether you drink whole, low fat, skim, or chocolate milk, the amount of essential nutrients you receive is about the same? Although the fat and calorie contents vary, the amounts of vitamins and minerals, including calcium, riboflavin, phosphorus, and vitamins A and D remain about the same.

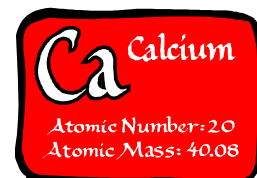
## Beyond Bones

Calcium has other roles besides building bones and teeth. It helps your muscles contract, your heart beat, your blood clot, and your nervous system send messages. If your food choices don't supply enough calcium, your body withdraws calcium from your bones to do these jobs.

## Do I Need a Calcium Supplement?

For people of every age, food choices can supply enough calcium. Supplements can't make up for poor lifestyle choices or health habits, but in certain situations, a doctor may recommend them as an extra safeguard. If you are advised to take a supplement, keep these pointers in mind:

- Read labels. Amounts differ among products.
- Don't rely on supplements as your main source of calcium. Remember, other nutrients in food, like vitamin D and magnesium, help your body absorb and use calcium.
- If you take two or three tablets daily, space them throughout the day. That way, they'll be absorbed better.



## High Calcium Foods

*The University of Arizona*

Calcium is in a wide variety of foods, but some foods have much more calcium than others. The Food Group with the most calcium is the milk, yogurt and cheese group in the Food Guide Pyramid.

Item	Mg Calcium
Non-fat Milk	1 cup, 300 mg
Reduced-fat Milk	1 cup, 300 mg
Nonfat Yogurt	1 cup, 490 mg
Swiss Cheese	1 oz., 270 mg
Mozzarella, Part Skim	1 oz., 201 mg
American Cheese	1 oz., 140 mg
Cottage Cheese	1 cup, 160 mg
Parmesan Cheese, grated	2 T, 140 mg
Pudding (prepared)	1/2 cup, 150 mg
Frozen Yogurt	1 cup, 200 mg
Ice Cream, light	1/2 cup, 200 mg

There are many sources of calcium from the other food groups.

Item	Mg Calcium
Black Beans	1 cup, 120 mg
Navy Beans	1 cup, 130 mg
Fortified Cereal	1 cup, 300 mg
Soybeans, cooked	1 cup, 180 mg
Spinach, cooked	1/2 cup, 130 mg
Bok Choy	1/2 cup, 80 mg
Kale, cooked	1/2 cup, 90 mg
Corn Tortilla	1-6", 50 mg
Mustard Greens	1/2 cup, 100 mg
Fortified Orange Juice	1 cup, 300 mg
Canned Salmon w/bones	3 oz., 180 mg
Fortified Waffle	1, 150 mg
Fortified Soy Milk	1 cup, 400 mg
Tofu	1 cup, 40 mg
Almonds	2 oz., 150 mg
Oysters	3 oz., 80 mg

## High Calcium Recipes

You can increase the amount of calcium in many foods by adding nonfat dry milk to your casserole recipes or yeast bread recipes. Use nonfat plain yogurt instead of sour cream. Try drinking fortified orange or apple juice. Use calcium fortified pasta in salads, casseroles and meat & pasta dishes. Sprinkle Parmesan cheeses on pasta dishes, salads and casseroles.

### Tasty Tower

*The University of Arizona*

1 c non-fat flavored yogurt  
 1/4 c raisins  
 1/4 c crunchy cereal nuggets or low-fat granola cereal  
 1/2 c berries (may use frozen)

Layer 1/2 yogurt, raisins, cereal or granola, 1/2 berries, remaining yogurt and top with remaining berries. Makes 1 serving.

Calories, 476; Fat, 1 gm; Saturated Fat, 0 gm; Cholesterol, 0 mg; Fiber, 6 gm; Sodium, 322 mg; Calcium, 441 mg.

### Orange Scream

*The University of Arizona*

1 (6 oz.) can unsweetened frozen orange juice concentrate  
 2 cups skim milk  
 1 tsp. vanilla  
 10 ice cubes

Mix all ingredients in a blender until thick and foamy. Serve immediately. Makes 2 servings

Calories, 228; Fat, 1 gm; Saturated Fat, 0 gm; Cholesterol, 4 mg; Fiber, 1 gm; Sodium 129; Calcium, 329 mg

### Leek and Potato Soup

*The University of Arizona*

*Adapted from the Wellness Lowfat Cookbook, University of California at Berkeley*

4-5 leeks (about 1 pound)  
 2 potatoes, peeled and quartered  
 1 cup thinly sliced celery  
 4 cups low sodium chicken stock  
 2 cups fat-free milk  
 1 Tbl. Chopped fresh parsley  
 White pepper

Cut off the root ends and green tops from the leeks.

Halve the leeks lengthwise, separate the layers and wash them thoroughly. Cut the leeks into 1-inch pieces.

In a large saucepan, combine the leeks, potatoes, celery and stock. Bring to a boil, skimming off any scum. Reduce the heat and simmer, uncovered, about 40 minutes, or until the vegetables are tender. Cool the soup briefly, then puree in a blender or food processor or mash to a coarse puree by hand.

Return the soup to the saucepan, add the milk and reheat the soup just until heated through; do not boil. Ladle the soup into bowls or mugs and sprinkle with parsley and pepper.

Serves 4.

Calories, 236; Fat, 3 gm; Saturated Fat, 1 gm; Cholesterol, 2 mg; Fiber, 3 gm; Sodium, 157 mg; Calcium, 249 mg.

### **Vegetable Cheese Quesadilla**

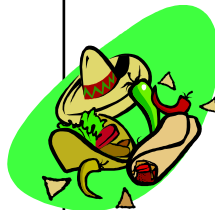
*The University of Arizona  
Adapted from The Wellness Lowfat Cookbook,  
University of California at Berkely*

2 flour tortillas  
2 fresh plum tomatoes, sliced  
1 red bell pepper, finely chopped  
2 green onions, finely chopped  
1 large carrot, grated  
1/2 cup grated reduced fat Monterey Jack Cheese  
1/2 cup plain low fat yogurt  
2 Tbl. Salsa  
1/2 cup chopped spinach

Heat a medium-size nonstick skillet over medium heat. Place a tortilla in the skillet and warm it 2-3 minutes. Turn the tortilla in the skillet and place half of the tomatoes, bell pepper, green onion and carrots on one half of the tortilla. Top the vegetables with half of the cheese, yogurt, salsa and spinach. Fold the tortilla over the filling and cook another 3 minutes, or until the cheese melts.

Transfer the quesadilla to a plate, cover it with foil to keep it warm and make another quesadilla in the same fashion. Makes 2 servings.

Calories, 299; Fat, 9 gm; Saturated Fat, 5 gm; Cholesterol, 24 mg; Fiber, 6 gm; Sodium, 586 mg; Calcium, 449 mg.



### **Chicken and Tortilla Casserole**

*The University of Arizona*

10 corn tortillas  
1 tsp. acceptable vegetable oil  
1 medium onion, chopped  
2 cloves garlic, minced  
14.5 oz. can no salt-added tomatillos, drained  
(can substitute tomatoes)  
2 cups low-sodium chicken broth  
1 fresh jalapeno pepper, seeded & diced  
(about 1 Tbl.)  
1/8 tsp. black pepper  
Vegetable oil spray  
2 lbs. boneless, skinless chicken breasts,  
(cooked & cubed)  
1 cup shredded low-fat Monterey Jack cheese  
1/2 cup nonfat sour cream

Preheat oven to 350° F. Cut the tortillas into quarters and place them in a single layer on an ungreased baking sheet. Bake for 10 minutes, or until they are crisp. Set aside. (Baking helps to deepen the flavor of the tortilla.) In a large skillet, heat the vegetable oil over medium heat and sauté the onion and garlic for 2-3 minutes, or until tender. Place the tomatillos, broth, jalapeno, and black pepper in a blender. Blend until smooth. Add this mixture to the onion mixture and simmer, uncovered, for 15 minutes over medium heat. Set aside.

Spray a 9x13-inch baking dish lightly with vegetable oil spray. Place half the tortilla quarters on the bottom of the dish, followed by half the chicken, half the tomatillo mixture, and half the cheese. Repeat layers. Bake, uncovered, for 40 minutes. Remove from oven and spread sour cream on top. Serve warm. 8 servings.

Calories, 340; Fat, 11 gm; Saturated Fat, 5 gm; Cholesterol, 89 mg; Fiber, 3 gm; Sodium, 356 mg; Calcium, 352 mg.

The bones of canned salmon are edible. If you eat the bones you get more calcium.

To use in a recipe, crush the bones with a fork. When the recipe ingredients are well mixed, the crushed salmon bones are not noticeable.

### Salmon Quiche

6 servings

*University of Nebraska-Lincoln Extension*

- 1 9-inch deep dish pastry shell, unbaked\*
- 1 Tbl. Margarine
- 1 cup onion, chopped
- 1 cup Swiss cheese, shredded
- 1 15 oz. can salmon
- 4 eggs
- 1 cup low-fat milk

1. Preheat oven to 425°F. Place pastry shell in a 9-inch deep dish pie plate. Bake pastry shell for 10 minutes and remove from oven.
2. Reduce oven to 350°F.
3. Heat margarine in a pan over medium heat. Add onion and sauté. Remove from heat. Add Swiss cheese and salmon. Mix well and put in pie shell.
4. In a bowl, lightly beat the eggs. Add milk. Pour over salmon mixture in pastry shell.
5. Bake for 45-50 minutes.

\*Tastes great without a pie shell too!

Calories 390; Total fat 22g; Saturated Fat 9 g; Cholesterol 215 mg; Sodium 570 mg; Total Carbohydrate 19 g; Dietary Fiber 1 g; Sugars 5 g; Protein 28 g; Calcium 40% DV.

### Salmon Bake or Burgers

6 servings

*University of Nebraska-Lincoln Extension*

- 1 2/3 cup coarse cracker crumbs\*
- 1/2 small onion, chopped
- 1 (15 oz.) can salmon
- 2/3 cup low-fat milk
- 2 eggs, well beaten
- 1/2 cup celery, chopped (optional)
- Pepper, to taste
- Salt, to taste

For the Salmon Bake:

1. Preheat oven to 350°. Grease a 9x5-inch loaf pan. Set aside.
2. In a bowl, mix all ingredients together. Mixture will be moist.
3. Place in prepared loaf pan. Bake for 40-50 minutes.

For the Salmon Burgers:

1. In a bowl, mix all ingredients together. Mixture will be moist.
2. Spray a skillet with non-stick cooking spray. Heat skillet. Drop fish mixture onto skillet using a 1/3 or 1/2 cup measuring cup. Brown on both sides.

\*Dry bread crumbs, crushed unsweetened cereal, or uncooked oatmeal can be used instead of cracker crumbs.

Calories 230; Total Fat 9 g; Saturated Fat 2.5 g; Cholesterol 120 mg; Sodium 730 mg; Total Carbohydrate 17 g; Dietary Fiber 1 g; Sugars 2 g; Protein 19 g; Calcium 20% DV.

