



# Dem' Bones, Dem' Bones



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Insert



### Remember:

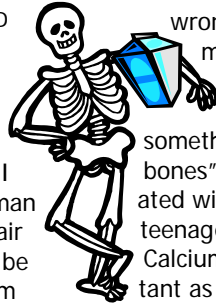
- **Talk with your doctor** about a calcium intake that is right for you
- **Too much is not better**—it's recommended that you don't consume more than 2,500mg of Calcium per day



## Calcium—You STILL Need It

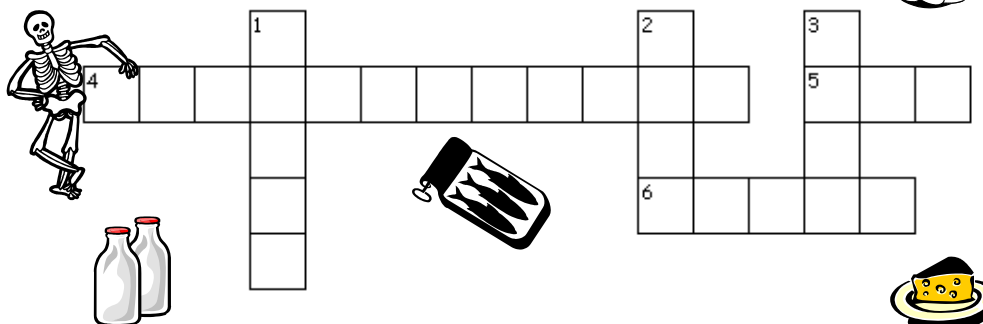
By Leighanna Konetski, RD  
Community Nutritionist

Everyone's seen the "Got Milk" ads with beautiful people sporting milk moustaches. I wish I'd see an older man or women with grey hair wearing one. I would be thrilled because calcium needs increase from 1,000mg each day to 1,200mg each day once you hit 51 years of age for both men and women. This increase is almost as much as growing children and teens need each day. The reason? To help maintain bone mass. After your early 30s, you lose more bone than you form, making the amount of calcium you get from your diet even more vital. The important role that calcium plays in bone health and the prevention of osteoporosis has been well documented and studied. However, according to the National Osteoporosis Foundation, national surveys have shown that many Americans are not consuming enough calcium, especially older adults. Where have we gone



wrong? I believe that many older adults are under the illusion that calcium is something for "growing bones" and mostly associated with children and teenagers. This is a myth. Calcium is just as important as you age and plays a role in reducing the risk of osteoporosis. If you think there's nothing you can do about it now—think again! Its never too late to start eating more calcium-rich foods, even if you haven't been eating them all along. In fact, you can still reduce your risk of bone fractures, which according to the National Osteoporosis Foundation is a big deal. They report that one in two women and one in four men over age 50 will have an osteoporosis-related fracture in his/her remaining lifetime. Ouch. Have I convinced you that eating more calcium-rich foods still matters? Check out this newsletter to find tips and foods that you can add to your daily eating plan that are excellent sources of calcium.

## Dem' Bones Crossword Puzzle



Use this newsletter to help solve the above crossword.

### Across

4. Calcium plays an important role in bone health and the prevention of \_\_\_\_\_.
5. First in, first \_\_\_\_ helps save you money and protects you from eating foods past their expiration date.
6. Aim to get \_\_\_\_ servings of foods that are excellent sources of calcium each day.

### Down

1. Its \_\_\_\_\_ too late to start eating more calcium rich foods.
2. If you don't like milk, are lactose intolerant, or milk bothers your stomach it doesn't mean you can't get calcium from your \_\_\_\_\_.
3. After your early 30s you lose more \_\_\_\_\_ than you form.

## Bring a Friend to Lunch Coupon

Volunteers of America would like to invite you to bring a friend to lunch. Fill out this coupon and place it in the contribution box when you join us for lunch. *New guests will have some paperwork to fill out.* Call the VOA office at 303-297-0408 to find out the dining center nearest you.

\_\_\_\_ I brought a friend to lunch today. \_\_\_\_\_ (Name of Friend)  
 \_\_\_\_ This is my first time joining you for lunch today.

Coupon valid 6/1/06 until 6/31/06

This newsletter is not intended to provide advice on personal health matters, which should be provided by a qualified health care provider.

## Quick Fix Recipe of the Month

### Calcium Rich Fruit Smoothie

**Yield: 2 servings**  
**Serving Size: 1 cup**



**Ingredients:**

- 1 cup non-fat vanilla yogurt (any flavor of yogurt will work)
- 1 banana, peeled
- 1 cup orange juice (calcium fortified)
- 1/2 teaspoon cinnamon

**Method:**

1. Combine all ingredients and mix by hand until smooth. If you have a blender put all ingredients in and blend until smooth.
2. If the smoothie is too thick, add some fat free milk and if smoothie is too thin, add more fruit.

**Variations:** Use different fruit in place of the banana, use milk instead of the orange juice and 2 tablespoons peanut butter for cinnamon to make peanut butter smoothie.

### Nutrition Facts

Serving Size 1 cup	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	<b>Calories from Fat</b> 5
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 40g	
<b>Protein</b> 7g	
Vitamin A 0%	• Vitamin C 80%
Calcium 40%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories    2,000    2,500</small>
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

## Lou's Food Safety Tip of the Month: "First In, First Out"

You may actually already be doing this and not even know it. "First In, First Out" has to do with the storage of any food purchased. The food you bought first, should be the food you pull out first to use. For example, when you get home from the grocery store you should place all of the newer foods you just bought behind the older ones you al-



ready have. This will help you to use the older foods first before they go bad, saving you money and protecting you from eating foods that may have already passed their expiration date. This simple trick will prevent foods from being pushed into the back of the pantry, refrigerator, or freezer, where often they are "out of sight, out of mind."



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*We're on the web!*  
[www.voacolorado.org](http://www.voacolorado.org)

The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

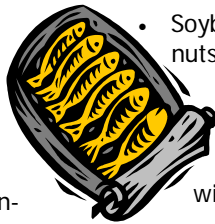
*The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging.*

## Surprising Foods To Help Boost Your Calcium

If you don't like milk, are lactose intolerant, or milk bothers your stomach, that doesn't mean you can't get calcium from your diet. Although dairy products are rich sources of calcium, many other foods also contain this needed mineral. Check out the list below. You might be surprised by what you find on it.

**The following foods are excellent sources of calcium and have between 200-350mg of Calcium per serving. Aim to get 3 of these each day.**

- Yogurt, 8 oz (whole, low-fat, non-fat, flavored)
- Milk, 8oz (whole, low-fat, non-fat, flavored)
- Buttermilk, 8 oz
- Cheddar or Swiss cheese, 1oz
- Orange Juice, 8 oz (Calcium fortified)



- Soybeans, 1/2 cup (dry roasted, soy nuts)
- Salmon, 3 oz (canned with bones)
- Sardines, 3 1/2 oz (canned with bones)
- Soy Milk, 8 oz (Calcium fortified)
- Calcium fortified cereals, snack bars

**Some additional foods that are sources of calcium and have between 50-150mg of Calcium per serving:**

- Collard Greens, 1/2 cup
- Broccoli, 1 cup (frozen, chopped)
- Almonds, 1 oz (about 24 nuts)
- Orange, 1 medium
- Pinto beans, 1 cup
- Pudding, custard 1/2 cup (made with milk)