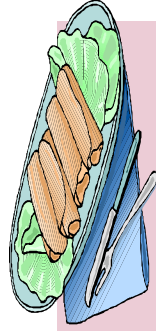


Garden Burritos



Serves 50

Per serving:

527 calories, 551 mg calcium

- 50 8-inch flour tortilla
- 25 cup canned, drained pinto beans
- 50 cup shredded lettuce
- 50 medium size tomato, chopped
- 3 cups chopped onion
- 6# shredded Cheddar or Monterey Jack cheese.
- Salsa to taste

Warm flour tortilla in oven or microwave. Mash beans with potato masher or fork. Cook over medium heat, stirring occasionally. Spread beans on tortilla. Top with lettuce, onion, tomato, cheese and salsa.

Special Baked Apples



Serves: 50

Per serving:

164 calories, 222 mg calcium

- 50 large apples
- 4 tablespoons cinnamon
- 50 tablespoons brown sugar
- 50 cups plain yogurt

Pare and slice apple; arrange in small casserole. Top with cinnamon and brown sugar. Bake uncovered at 375 degrees 35-40 minutes. After 20 minutes, stir slices. Transfer slices to serving dishes top with plain yogurt.

Produced for the Pennsylvania Department of Aging

By the Indiana University of Pennsylvania

Department of Food and Nutrition

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Ways to Increase Calcium in Your Recipes and Menus

- Adequate calcium at any age is an important factor in preventing osteoporosis— a potentially disabling bone disease.
- **Risk Factors** associated with osteoporosis include:
 - ◆ Family History
 - ◆ Menopause at an Early Age
 - ◆ Inadequate Calcium Intake
 - ◆ Smoking
 - ◆ Lack of Exercise
 - ◆ Excessive Alcohol or Caffeine Intake



Ways to Increase Calcium in Your Menus and Recipes

- Substitute milk for water
- Sprinkle low fat cheese on vegetables instead of butter or margarine
- Top canned fruits, (peaches or cocktail) with cottage cheese
- Add powdered milk to mashed potatoes, ground meat mixtures and casseroles
- Serve dark green vegetables like broccoli
- Serve milk with most meals
- Provide yogurt for snacks

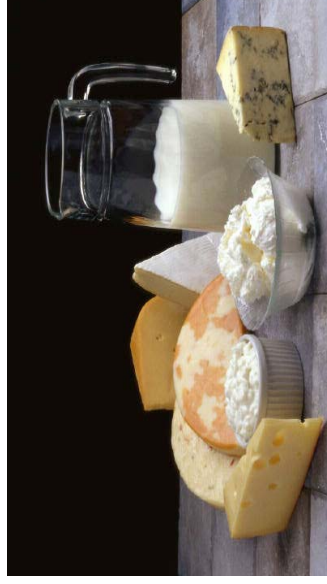


How Much Dairy a Day?

For those over age 51 years, 1200 mg per day or 4 servings.

Serving Size:

- 1 cup milk
- 8 oz yogurt
- 2 oz cheese
- 1 cup calcium fortified juice



Food Source	Serving Size	Calcium
Low Fat Yogurt	1 cup	415 mg
Calcium-Fortified Juice	1 cup	350 mg
Low Fat Milk	1 cup	300 mg
Cheese, Cheddar	1 ounce	204 mg
Cottage Cheese	1 cup	154 mg
Pudding	1/2 cup	144 mg
Ice Cream	1/2 cup	118 mg
Sweet Potatoes	1/2 cup	109 mg
Broccoli	1 cup	94 mg