

# Ideas for Calcium-Rich Meals and Snacks

## Breakfast

- ✓ Pour low-fat or fat-free milk over your breakfast cereal.
- ✓ Have a cup of low-fat or fat-free yogurt.
- ✓ Drink a glass of calcium-fortified orange juice.
- ✓ Add low-fat or fat-free milk instead of water to oatmeal or hot cereal.

## Lunch

- ✓ Add low-fat or fat-free cheese to a sandwich.
- ✓ Have a glass of low-fat or fat-free milk instead of soda.
- ✓ Have a piece of pizza or a serving of macaroni and cheese.
- ✓ Add low-fat or fat-free milk instead of water to tomato soup.

## Snack

- ✓ Make a fruit smoothie with fruit, ice, and low-fat or fat-free milk.
- ✓ Try flavored low-fat or fat-free milk, such as chocolate or strawberry.
- ✓ Have low-fat or fat-free frozen yogurt.
- ✓ Try some pudding made with low-fat or fat-free milk.
- ✓ Dip fruits and vegetables into low-fat or fat-free yogurt.
- ✓ Have some low-fat or fat-free string cheese.

## Dinner

- ✓ Make a salad with dark-green, leafy vegetables.
- ✓ Serve broccoli or cooked, dry beans as a side dish.
- ✓ Top salads, soups, and stews with low-fat or fat-free shredded cheese.
- ✓ Toss tofu with added calcium into stir fry and other dishes.