



## Ladies Have You Heard?

By Doris Thomas  
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Home Economist

### Milk Important Part Of Adult Female Diet

"I'm sure I didn't trip," said Nancy McKay. "My leg just seemed to go out from under me."

Nancy, a retired school teacher, didn't trip. Her left hip broke because her bones had become extremely fragile. Nancy McKay is a victim of osteoporosis.

Osteoporosis is a major health problem for postmenopausal women. It results in a decrease of the total bone mass, making the bones extremely fragile and susceptible to breakage.

It is the reason why some older women grow shorter. It may also result in "dowager's hump" as vertebra collapse. The most likely cause of osteoporosis is not getting enough calcium and vitamin D over a long term period.

Milk and milk products are the main dietary sources of calcium. Most milk is fortified with vitamin D, which comes from sunshine.

Adult women need 800 milligrams of calcium every day. Yet a recent U.S. Department of Agriculture survey showed that the average woman over 45 was only getting about 450 milligrams — about half the recommended amount.

There are many reasons why women don't drink milk — the cost, fear of gaining weight, lack of awareness of its importance in the adult diet or just plain dislike.

It may not be too late for women who have not been getting enough calcium. Current findings indicate that large daily amounts of calcium — 1000 milligrams — from food or supplements may help prevent osteoporosis.

Findings also showed that regular exercise retards the disease and diminishes calcium waste.

One cup of whole milk, skim milk or butter milk provides about 300 milligrams of calcium. So does one cup of plain yogurt, 1½ ounces of cheddar cheese, 1½ cups of cottage cheese and 1½ cups of ice cream or ice milk.

Skim milk is the lowest calorie source of calcium (about 86 calories) followed by buttermilk

(99 calories). At the other end of the scale is ice cream with about 330 calories for an admittedly large 1½ cup serving. The same amount of ice milk would run about 300 calories.

Women who choose to get their calcium from dietary supplements should discuss this when their family doctor, and read labels carefully before they buy.

A cup of plain yogurt has about 140 calories. If you eat the fruit flavors add another 100-120 calories.

### Managing Time Requires Goals

Many of us jump from crisis to crisis and never take time to relax. When both parents work, or when one parent is also the only parent, managing time becomes even tougher, partly because there is less time available to manage.

If you are a working parent, remember that your spouse, your children and your job all need part of your time. To meet these often conflicting demands start by deciding what is most important to you and your family.

Set short term daily goals and then longer term goals. These goals should reflect your values. Your daily time use should then be directed toward reaching your goals.

The trouble most working parents have is resolving the conflict between goals, values and time use. Taking time to identify your values before setting goals can be time well invested.

Once you've decided on your most important goals, the relative importance of tasks related to those goals becomes clearer. You can decide what must be done first, what can wait and what can be eliminated.

Time spent helping a child with homework may be more important than baking a cake. Time to talk with your spouse may be more important than vacuuming the carpets.

What's the best use of your time? You must decide, based on what is important to you and your family.

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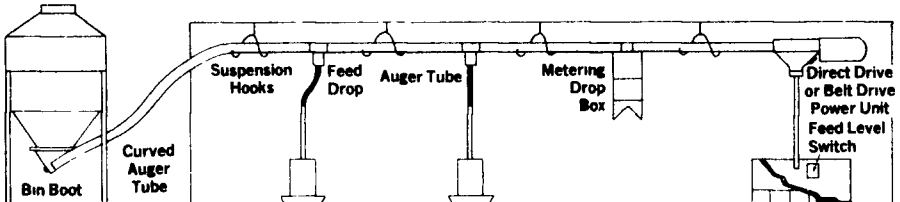


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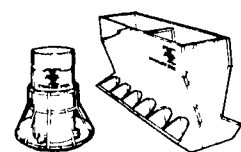
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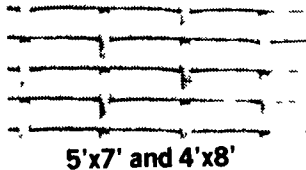
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