

Kid's KOrner

Take this calcium quiz during Dairy Month

TRUE AND FALSE:

1. By drinking three glasses of milk a day and eating a variety of foods from the flour food groups, children get all the calcium they need.
2. You can receive all your calcium requirements through calcium supplements.
3. The Recommended Dietary Allowance for calcium is 800 mg/day for an adult. That's about two glasses of milk (accounting for about 600 mg calcium), and the remaining 200 mg of calcium can be consumed from a variety of foods from the four food groups.
4. Iron is the most abundant mineral in the human body.
5. When a woman becomes pregnant her body manufactures enough calcium for her needs.
6. When we consistently, over decades, fail to get enough calcium in our diet, our body takes what it needs from our bones without replacing it. This increases the risk of fractures as we age.
7. Milk and other dairy products are some of the best sources of calcium.
8. Ninety-nine percent of the body's calcium is found in the bones and teeth.
9. Less than 33 percent of women between the ages of 18 and 74 consume the recommended amount of calcium in their diets.
10. You can stay on a weight-reducing diet without limiting your calcium intake by using lowfat dairy products such as skim milk, lowfat yogurt and lowfat cheese.
11. Regular physical exercise plays no part in maintaining a strong skeleton.
12. Women have higher calcium intakes and are therefore less likely to experience osteoporosis than men.
13. Between the ages of 30 and 40, loss of existing bone begins to

- exceed formation of new bone.
14. Once the body has been deprived of adequate calcium over a period of time, the bones will always be brittle and will easily fracture.
 15. Our calcium requirements remain the same throughout our lives.

ANSWERS:

1. True...children need calcium to help develop strong bones and teeth. But adults also require calcium to keep their bones strong and to prevent them from breaking.
2. True...however, nutrition and medical experts recommend getting calcium from the diet if at all possible. The vitamin D and lactose present in dairy products enhance utilization of the mineral. One should consult one's doctor before taking any supplements.
3. True.
4. False...calcium is! It accounts for about two percent of an adult's body weight.
5. False...a pregnant woman should be consuming 1,200 mg/day of calcium to provide the growing fetus with essential nutrients, and to keep her body healthy and strong. If calcium intake is inadequate, calcium will be taken from the mother's bones to feed the fetus.
6. True...this condition of brittle bones is called osteoporosis, and affects mostly white, middle-aged women and the elderly.
7. True...although calcium is also found in varying amounts in other foods such as broccoli, kale and collards, the calcium in these foods may not be as easily absorbed as the calcium in dairy products.
8. True.
9. True...many women follow weight-reducing diets which often unnecessarily supply inadequate

- calcium. However, men experience bone loss also. In fact, 25 to 50 percent of men between the ages of 18 and 34 consume less than the adequate amount of calcium.
10. True.
 11. False...weight-bearing exercise, like brisk walking and running slow the rate of bone loss. Exercise helps in building and maintaining a strong skeleton for all ages.
 12. False...throughout their lives, women have lower calcium

intakes than men. In fact, because women experience menopause, and have lower calcium intakes, osteoporosis is eight times more common in women than in men.

13. True.

14. False...although an inadequate calcium intake does damage bones by making them weaker and more vulnerable to fracture, the condition is

somewhat reversible. By eating plenty of calcium-rich dairy foods the body may replace some of that lost calcium in the bones, making them stronger.

15. False...The teenage years, pregnancy and lactation and menopause are all times we need to increase our calcium intake above 800 mg/day to handle our body's increased requirements.

Add some novelty and fun to a fruit plate. Serve scoops of cottage cheese in a banana split dish with bananas and healthy toppings such as raisins, nuts and berries.

Sour cream will hold its peak flavor for several days after purchase and may be kept for up to four weeks if covered and refrigerated at 40°F. To avoid separation, do not freeze.

See answers page B12



At the bottom of the cartoon character's speech bubble area, it says: "WE'VE PUT IN A FEW KEY LETTERS TO HELP YOU OUT."

At the bottom right of the crossword puzzle grid, it says: "BY DAWE CARPENTER"

COLOR THIS!

- | | |
|-----------|---------------|
| 1. BLACK | 6. RED ORANGE |
| 2. RED | 7. GREEN |
| 3. YELLOW | 8. LT. BROWN |
| 4. BLUE | 9. PEACH |
| 5. BROWN | 10. LT. GREEN |

WOOD LILY - A FAMILIAR LEGEND GIVES THE LILY A PROMINENT PLACE IN THE PASSION OF CHRIST. BEFORE THE CRUCIFIXION, THE LEGEND GOES, ALL LILIES WERE WHITE. BUT CHRIST LOOKED UPON A LILY IN THE GARDEN OF GETHSEMANE. THE FLOWER WAS SO OVERCOME WITH SHAME AT HER UNWORTHINESS THAT SHE BLUSHED RED.



7-18-85

KERN