

**Family Living
Focus**
Nancy Wiker
Lancaster Co.
Extension Agent



Every day, the nation's 9.3 million dairy cows produce more than 50 million gallons of milk. June is the month when we take time to celebrate the amazing variety of delicious dairy products produced from milk each year. Enjoy some of your favorite refreshing products during these hot summer days or tickle your taste buds with an exciting new treat like Beach Berry Blast at the end of this article.

Dairy products are our most concentrated food sources of calcium, a mineral that helps build and maintain strong bones and teeth. About 98% of all calcium in the body is located in the bones. Calcium also helps mus-

cles contract and relax, the heart to beat, blood to clot, and helps nerves send messages. If you do not supply your body with enough calcium to perform all these tasks your body takes it from the bones. It is sort of like having a calcium savings account. When your body takes in enough calcium, it makes a deposit in your bones. When there is not enough, it makes a withdrawal. One of the biggest penalties for withdrawal is a disease called osteoporosis.

Osteoporosis affects 25 million people, most are women. The costs go well beyond the \$13 billion annually. These individuals suffer from fractures and

spinal compression which reduce both the quality and length of life. Bone loss occurs with aging, but can be minimized through a proactive lifestyle which includes adequate calcium, vitamin D, and exercise.

Most age groups do not get enough calcium. The National Institute of Health has identified Dietary Reference Intakes (DRI's) as optimal amounts of daily calcium intake to maximize peak adult bone mass, maintain adult bone and minimize bone loss in later years. Children ages 9-19 need 1300 mg./per day or the equivalent of 4-4 1/3 glasses of milk. Adults 19-50 need 1000 mg /day or the equivalent of 2 2/3 - 3 1/3 glasses of milk. Adults 50+ need 1200 mg./day or the equivalent of 2 2/3 to 4 glasses of milk.

One cup of milk contains about 300 milligrams of calcium, one cup of yogurt contains about 400 milligrams. Food sources of calcium tend to supply other nutrients, such as phosphorus, vitamin D, and lactose which help the body use calcium.

There are several calcium alternatives to milk if you do not like milk or are lactose intoler-

ant. Cheese is a concentrated source of calcium, one ounce of cheddar contains about 200 mg. calcium. Yogurt is another good source. Many orange juices are fortified with calcium. Read the label for information. Tofu that has been processed with calcium sulfate and canned fish such as salmon are also good sources if you mash and eat the bones. Dark green leafy vegetables and fortified cereals are other sources.

For those unable to get enough calcium from the diet, supplements are another alternative. Supplements containing calcium carbonate are often recommended because they provide the most calcium per tablet. Calcium citrate tablets are easier for individuals with low stomach acidity to tolerate.

With a little planning, it is easy to get all the calcium you need each day. Combine fresh

picked berries and dairy products to make one of these delightful dairy treats:
Double Berry Smoothie
1 cup sliced strawberries
1 container strawberry yogurt
1 cup ice cubes
1 cup milk
1/4 nonfat dry milk
2 tablespoons sugar
Blend all ingredients in the blender until smooth. Serve at once. Yield - 3 servings.

Beach Berry Blast
2 containers mixed berry yogurt
3 cups milk
2 cups sliced strawberries
1 1/2 pints strawberry ice cream
1 1/2 cups chilled raspberry seltzer
1/2 cup blueberries
Process yogurt, milk, and strawberries in blender. Pour into four 8 oz. glasses. Scoop ice cream into glasses and top off with seltzer. Add blueberries and serve. Yield - 4 servings.



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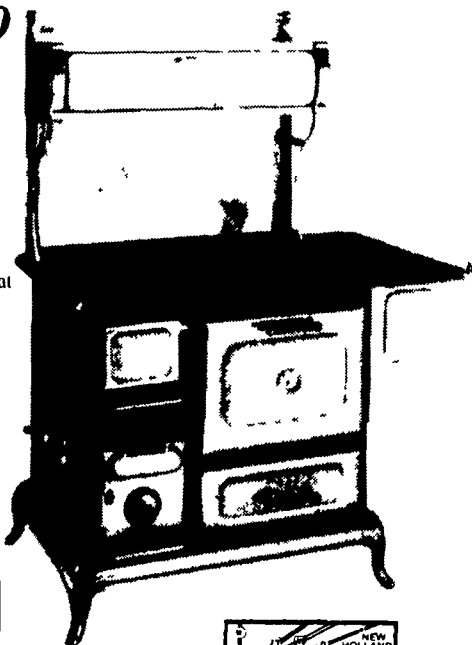
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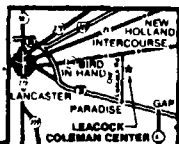
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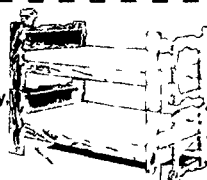
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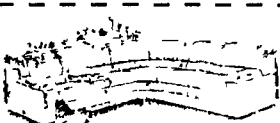
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