

## Delightful Dairy and Optimal Bone Health

Calcium and vitamin D are essential for bone health. As we age our need for these nutrients is increased in order to maintain bone health. The Academy of Nutrition and Dietetics recommends:

- ◆ 3 servings of calcium-rich foods or beverages per day
  - ◇ Milk and dairy products, and fortified plant based beverages
  - ◇ Dark leafy greens like spinach, bok choy and kale
  - ◇ Canned fish with soft edible bones like salmon and sardines
  - ◇ Fortified cereals and beverages like orange juice
  - ◇ Legumes and products like tofu, white beans

Most of the vitamin D we have is made in our bodies from the sun but there are some products that fortify with vitamins including vitamin D, like milk and fortified juice.

- ◇ Check with your doctor before starting any supplement

Overall healthful eating and healthy weight are also important in maintaining bone health. Having a healthy weight reduces the stress put on joints.



References: <http://www.eatright.org>, <http://www.heart.org>

**Nutritious food choices add color to any diet**

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# Raspberry-Peach-Mango Smoothie Bowl



## Ingredients

- 1 cup frozen mango chunks
- $\frac{3}{4}$  cup nonfat plain Greek yogurt
- $\frac{1}{4}$  cup reduced-fat milk
- 1 teaspoon vanilla extract
- 3-4 slices of canned peaches
- $\frac{1}{3}$  cup raspberries
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- 1 teaspoon chia seeds

## Directions

1. Combine mango, yogurt, milk and vanilla in a blender. Puree until smooth.
2. Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut and chia seeds to taste.

**Serving size:** 1 (without nuts and seeds); **Calories:** 330 ; **Fat :** 2 g  
**Saturated Fat:** 1 g ; **Sodium:** 178 mg ; **Total Carbohydrate:** 68 g ;  
**Dietary Fiber:** 6 g ; **Protein:** 15 g ; **Calcium:** 47% ; **Iron:** 5%

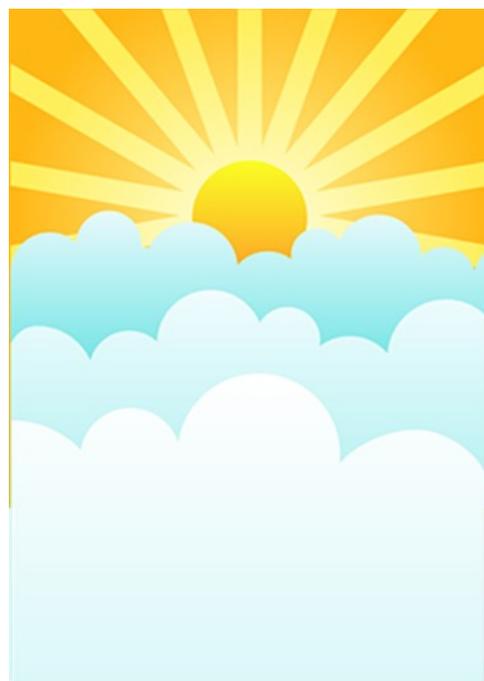
*Recipe retrieved from: <http://www.eatingwell.com/recipe/254618/raspberry-peach-mango-smoothie-bowl/>*

## Boost Nutrition

By changing up the fruits in this recipe

Up the calcium by adding instant nonfat dry milk

Vary nuts, seeds, or toasted oatmeal



**Good news about everything that's good to eat!**



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