

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

This institution is an equal opportunity provider

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%

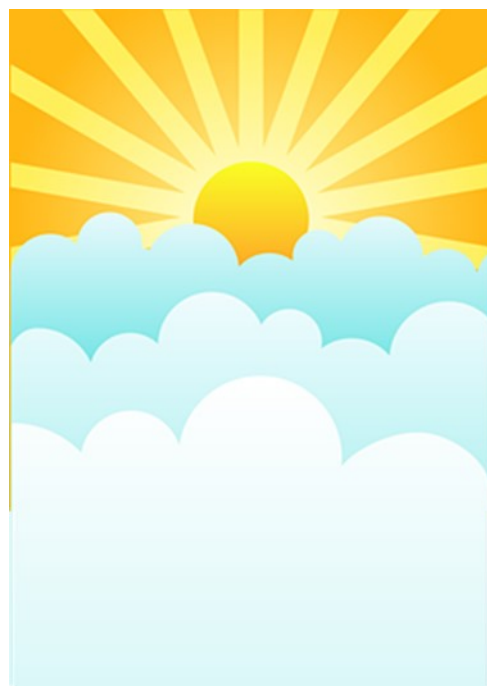
Recipe retrieved from: <http://www.eatingwell.com/recipe/254618/raspberry-peach-mango-smoothie-bowl/>

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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