



NUTRITION NEWS

Nutrition and Education Programs

Cream of the Crop!

After age 55, the need for calcium rises to help strengthen bones. With calcium, vitamin D intake is also needed to absorb as much calcium as possible. It is ideal that at least half of intake comes from food. Food sources are more freely absorbed and used in the body. Supplements can help, but there are plenty of cost-effective and healthy foods that can be eaten first. Dairy products are the most cost-effective option, offering at least 10% daily calcium intake each serving. Combining dairy with other food sources like leafy greens, oranges, soy, and seafood can boost calcium in a meal by 5 – 10%!

**For 2% Cow's Milk, 1 serving = 1 cup =
102 Calories, 4g fat, 11 g carbohydrates, 8g protein,
105IU Vitamin D & 285mg Calcium**

Retrieved from
<http://milkfacts.info/>



References: <http://www.eatright.org>, <https://www.nof.org/>



Triple Crown—

As well as being high in calcium, **salmon, shrimp, and sardines** are high in vitamin D and healthy fats!



Check out :

[CookingMatters.org/
Recipes](http://CookingMatters.org/Recipes)

for a delicious snack
recipe high in Calcium &
Vitamin D

Fruit Yogurt Dip



Vegetable Lasagna

Serves: 8

Ingredients

1 (8-ounce) package whole wheat lasagna noodles
3 cups fresh spinach
8 ounces button mushrooms
1 large zucchini
3 cloves garlic
1 (6-ounce) block mozzarella cheese
½ teaspoon salt, divided
1 teaspoon dried basil
1 teaspoon dried oregano
¼ teaspoon ground black pepper
1 (28-ounce) can tomato sauce or crushed tomatoes, no salt added
1 large egg
1 cup low-fat cottage cheese
Non-stick cooking spray

Directions

1. Preheat oven to 350°F.
2. Cook lasagna noodles following package directions. In a colander, drain and run under cold water until cool to the touch. Complete steps 3–9 while noodles cook.
3. Rinse spinach, mushrooms, and zucchini. Peel garlic.
4. Chop spinach. Thinly slice mushrooms. Dice zucchini into ½-inch pieces. Mince garlic.
5. Grate mozzarella cheese. Set aside ¼ cup grated cheese for topping lasagna.
6. In a medium bowl, add spinach, mushrooms, and zucchini. Stir in ¼ teaspoon of the salt. Set over a colander to drain. When completely drained, pat veggies dry with paper towels.
7. Stir garlic, basil, oregano, remaining ¼ teaspoon salt, and black pepper into canned tomatoes to make a sauce. Do this directly in the can.
8. In a medium bowl, crack egg and beat with a fork. Add cottage cheese and grated mozzarella. Mix.
9. Lightly coat a 9-by-13-inch baking dish with non-stick cooking spray. Spread ½ cup tomato sauce on bottom of dish.
10. Layer 3 noodles over sauce. Then, layer 1 cup cheese mixture, 1½ cups veggies, and ⅔ cup tomato sauce. Repeat layers 2 more times, ending with 3 noodles. Cover with remaining tomato sauce. Sprinkle reserved ¼ cup grated mozzarella over top of lasagna.
11. Bake until cheese is melted and lightly browned on top and lasagna is bubbly, about 45 minutes. Remove from oven. Let cool 10 minutes before cutting. .
12. Enjoy!

Recipe retrieved from: <http://cookingmatters.org/recipes/>

Serving size: 1/8 of Lasagna; Calories: 260; Fat : 7 g Saturated Fat: 3 g; Sodium: 440 mg;

Total Carbohydrate: 35 g; Protein: 17 g; Dietary Fiber: 6 g; Vitamin C: 15%; Calcium: 15%; Iron: 15%



Good news about everything that's good to eat!



Southwestern Idaho

Administrative Offices
3562 South TK Ave.
Boise, ID 83705

Eastern Idaho

555 South 1st. Ave.
Pocatello, ID 83204
(208) 233-8811

North Central Idaho

3331 10th St.
Lewiston, ID 83501
(208) 746-2288

