



These foods have some fat or sugar or both. Choose them sometimes.

- Cottage cheese
- Parmesan cheese
- Frozen yogurt
- Pudding (made with sugar and whole milk)
- Whole milk
- Low fat evaporated milk

These foods have more fat or sugar or both. Choose them **less often**.

- American cheese
- Colby cheese
- Cream cheese
- Ice cream
- Sour cream.
- Sweetened condensed milk

### What You Need to Know About Osteoporosis

Osteoporosis literally means “porous bones.” The network of calcium in your bones is weak and fragile. So you are at greater risk for bone fractures, especially of the hip, spine, and wrist. Twenty (20) to 30 percent of women over the age of 60 have osteoporosis. Another 55 percent of people over the age of 50 have low bone mass, so they are at increased risk of developing osteoporosis.

Osteoporosis is often called the “silent disease” because you don’t know anything is wrong until you break a bone.

Here are some factors that increase your risk of osteoporosis:

- A small frame.
- Family history.
- Removal of ovaries at an early age.
- Inadequate intake of calcium.
- Hormonal imbalances.
- An inactive lifestyle.
- Cigarette smoking.
- Excess alcohol intake.

A bone density test is used to diagnose osteoporosis. It is safe, non-invasive, painless, and relatively low in cost.

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### How Much Calcium is in Your Food?

Food	Calcium, mg
1 c. nonfat milk	306
1.5 oz. cheddar or Muenster cheese	307
2 oz. processed cheese	438
1.5 oz. part skim mozzarella cheese	311
.5 c. ricotta cheese, part skim	335
1 c. plain low fat yogurt	452
1 c. fruit yogurt	345
.5 c. ice cream	88
.5 c. chocolate pudding (made with nonfat milk)	133
3 oz. salmon, with bones (canned)	180
.5 c. broccoli, raw	17
.5 c. broccoli, cooked	31
.5 c. turnip greens, cooked	126
.5 c. collard greens, cooked	179
1 c. dry beans, cooked	90

c=cup oz=ounce

### Which Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You’ll see several nutrients that everyone needs, including mature adults.

- Calcium and vitamin D for your bones and teeth. They help your bones stay healthy.
- Protein for repairing your body.
- Vitamin A for healthy eyes and skin.

The fat in milk increases from none to ‘some’ to ‘a lot’ when you check the Nutrition Facts panel on fat free milk, 1% (fat) milk, 2% (fat) milk, and vitamin D, homogenized (whole) milk. You will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.