

# What's Cooking?



## Dairy Free Options

For individuals who are lactose-intolerant, or for individuals who choose not to consume dairy products, finding alternative sources for Calcium and Vitamin-D can sometimes be difficult. Here is a quick guide for dairy-free options to get you started:

- *Calcium-Fortified Milks* – such as soy milk, almond milk, and rice milk
- *Calcium-Fortified Juices* - such as orange juice
  - Check the label – not all juices are fortified with calcium
- *Calcium-Fortified Breakfast Cereals and Breads* -such as English muffins
  - Check the label – many popular breakfast cereals come with a healthy dose of added calcium
- *Canned fish* - such as canned sardines and salmon
  - Check the label to make sure they're canned in oil, bones included
- *Soybeans and Soy Products* - such as tofu made with calcium sulfate, soy yogurt, tempeh
- *Leafy Greens* - such as collard greens, turnip greens, kale and bok choy
- *Beans* – garbanzo beans, kidney beans, navy beans and even some canned baked beans provide calcium
- *Veggies* - Such as cooked broccoli, Chinese cabbage, edamame and acorn squash
- *Cheeses* - Hard cheeses, such as swiss or parmesan, have less lactose than soft cheeses like feta. Cottage cheese is also a lower-lactose option that is a good source of calcium.
- *Nuts* – a handful of almonds provides a modest amount of calcium
- *Fruits* – dried figs and apricots, raisins, blackberries, and oranges also contain some calcium
- *Sunshine!* Your body makes vitamin D from the sun, so you can get it with 10-15

## Featured Ingredient of the Week: Dairy, Milk, and Cheese



The Dairy group includes milk, yogurt, and cheese, lactose-free milk and fortified soy milk. Dairy provides important nutrients for your body such as calcium and vitamin D. These nutrients are essential for promoting and maintaining bone health which includes preventing the onset of osteoporosis. About 90% of Americans do not get enough dairy, therefore most individuals would benefit by increasing their intake of fat-free or low-free dairy. The USDA recommends that the average adult get 3 servings of dairy per day. Examples of one serving of dairy include 1 cup milk, 1 cup yogurt, or 1 ½ ounces of cheese.

## How to Add Dairy to Your Diet:

- Make it with milk. Try mixing milk into foods such as oatmeal or smoothies.
  - Using milk instead of water will give foods a richer flavor, creamier consistency, and nutritional boost.
- Eat more yogurt! Eat it as a snack by itself, add it to a fruit and vegetable smoothie, or as a substitute for oil or mayonnaise in recipes.
- Add a sprinkle of cheese over your veggies. This will help to increase your calcium intake and make your veggies that much more delicious!
- Try chocolate! Chocolate milk is great for recovery after exercise or try snacking on some dark chocolate for a delicious boost of calcium.
- Eat dessert! About 1 cup of ice cream or frozen yogurt counts as a serving of dairy!