

Food & Fitness



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During National Dairy Month and throughout the year, enjoy this easy-to-make lowfat salad dressing made with yogurt and blue cheese.

Garlicky Blue Cheese Salad Dressing

Source: Reprinted with permission from: American Institute for Cancer Research (AICR) Newsletter, Spring 2001, Issue 71.

- 1/2 cup nonfat plain yogurt
- 2 tablespoons nonfat mayonnaise
- 2 tablespoons skim milk
- 1 tablespoon plus 1 teaspoon blue cheese
- 2 cloves garlic, minced
- Ground black pepper to taste



Whisk all ingredients until well combined. Makes about 3/4 cup dressing.

Serves 6 (2 tablespoons each), with 21 calories and less than 1 gram fat per serving.

AICR suggests the following salad combination as one possibility for serving with this dressing: Bibb or Boston lettuce with watercress tossed in, shredded carrots, cherry tomatoes, purple onion rings, and crumbled hard boiled egg. (AH)



Mahoney Manner residents refresh their knowledge about calcium. Thirty-eight Lincoln Housing Authority older adults participated in "Who Wants to be a Milk-in-Naire" taught by Karen Wobig, extension assistant, NEP. Residents of Burke Plaza and Crossroads House also participated.

Nutrition and Osteoporosis - Part 2

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June is National Dairy Month. Here is the second of a two-part series on what you can do to help prevent or treat osteoporosis with a special emphasis on the role of dairy products.

While dietary calcium and vitamin D are important in helping prevent or treat osteoporosis, the following dietary concerns also come into play.

1) Food is Best Calcium

Source. Most experts agree food is the best source of calcium as there may be other factors found in calcium food sources that also affect use by the body.

2) Total Calcium Load at One Time. Your body can best handle about 500 mg of calcium at one time, whether from food or supplements. Consume your calcium foods/supplements throughout the day rather than all at one time.

3) Fiber. Excessive fiber can interfere with calcium absorption. Dr. Miriam Nelson (author, *Strong Women, Strong Bones*) advises the fiber occurring in food is probably not a problem. But, if you're sprinkling extra fiber on food, such as bran on cereal, that might affect calcium absorption.

4) Caffeine. Nelson advises consuming under 400 milligrams of caffeine daily. (A 6 ounce cup of coffee has about 100 milligrams caffeine—the actual amount would depend on brewing time, etc.) Excessive caffeine can increase urinary excretion of calcium. Tea, soft drinks, and various medications also can contain caffeine. To check the amount of caffeine in foods, search the USDA Nutrient Database (caffeine is the last entry at the end of each nutrient report)

www.nal.usda.gov/fnic/foodcomp/index.html

5) Excessive Sodium.

Excessive sodium can increase urinary calcium excretion. Go easy on the salt shaker; taste before you salt. Limit the number of high salt foods. The Food and Nutrition Board recommends sodium be limited to 2,400 mg daily. The Nutrition Facts panel on foods gives the sodium content of a food.

6) Alcohol. Consuming more than seven alcoholic drinks per week is associated with an increased risk of low bone density and of falls and fractures, according to Nelson. Obviously, you shouldn't drink seven drinks all in the same day.

7) Oxalic Acid. This acid, present in certain foods, such as spinach, chard and beet greens, binds up the calcium in these foods. However, it doesn't seem to affect the calcium in foods served with them. These greens are still good for you and may actually help improve calcium status in other ways. Also, though

chocolate is a source of oxalic acid, it doesn't seem to tie up the calcium in milk if you drink chocolate milk.

8) Soft Drinks. When soft drinks replace milk as a beverage, individuals are drastically reducing the calcium content of their diets.

9) Protein. Unbalanced, excessively high protein diets could increase urinary excretion of calcium.

10) Soy. While soy is a nutritious food, not all soy is a source of calcium—check the Nutrition Facts panel on the label for calcium content.

Some recent research found calcium from calcium-fortified soy milk was absorbed at only 75% the efficiency of calcium from cow's milk. There may be some brands not studied that offer a greater absorption rate; however, at the time of the study, researchers felt their sample was representative of most of the calcium-fortified soy milk currently available. (Source: Heaney, RP, et al. Bioavailability of the calcium in fortified soy imitation milk, with some observations on method. *Am J Clin Nutr* 2000; 71: 1166-9.)

These researchers suggest to get the same amount of usable calcium from soy milk as you would get from three 8-ounce glasses of cow's milk, you will need to drink four 8-ounce glasses of soy milk.

11) Fruits and Vegetables.

Research by Tucker and colleagues found a diet high in fruits and vegetables contributed to the maintenance of bone mineral density. The study found whole grains also helped contribute to potassium and magnesium. (Source: Tucker, KL, Potassium, magnesium, and fruit and vegetable intakes are associated with greater bone mineral density in elderly men and women. *Am J Clin Nutr* 1999; 69: 727-36.)

The Food Guide Pyramid recommends 2 to 4 daily servings of fruits and 3 to 5 daily servings of vegetables. Choose from a variety of fruits and vegetables daily. Try many colors and many kinds.

Help for the Lactose-Intolerant Person

If you lack the enzyme needed to digest lactose (milk sugar), you still may be able to obtain calcium from dairy products. (Source: Suarez, FL, et al. Lactose maldigestion is not an impediment to the intake of 1,500 mg calcium daily as dairy products. *Am J Clin Nutr* 1998; 68: 1118-1122.)

These suggestions might work for you:

1) Eat Small Portions of Dairy Foods. Start by eating small portions of lactose-containing foods such as milk and gradually increase the serving size.

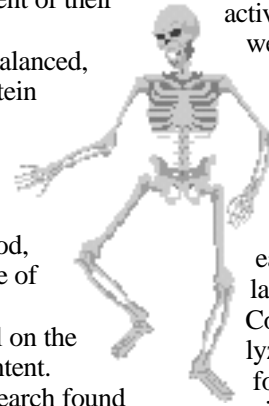
2) Combine Dairy Foods with Other Foods. Eat dairy foods in combination with a meal or solid foods.

3) Try Non-Milk Dairy

Foods. Consider dairy foods other than milk. Many cheeses (e.g. Cheddar, Swiss, Parmesan) contain less lactose than milk. Aged cheeses generally have negligible amounts of lactose. Also, many cultured dairy foods, such as yogurt, made with live, active bacteria are generally well tolerated.

4) Pre-Digest

Lactose. When lactose is broken down to its simple sugar components, glucose and galactose, it may be easier for someone who is lactose intolerant to use. Consume lactose-hydrolyzed milk and other dairy foods or consider commercial lactase preparations (capsules, chewable tablets, solutions).



When You Don't like to "Drink" Milk

Dairy products are one of nature's most concentrated dietary sources of calcium. But you may not like to drink milk. Here are 10 easy tips for including more milk products in your diet without ever drinking a glass of milk. (Source: Dairy Council of Nebraska.) For more dairy food recipe ideas, check out this web site sponsored by the National Dairy Council: www.familyfoodzone.com

1) Make oatmeal with milk.

2) Add milk to your coffee.

(But watch how much caffeinated coffee you drink!)

3) Make soups such as tomato, chowders, and cream-type soups with milk instead of water.

4) Add powdered milk to foods. One tablespoon is equal to 50 milligrams of calcium.

5) Make instant hot cocoa with milk instead of water. Or, when using packets of hot chocolate, add 1/3 cup of powdered milk which is equivalent to a cup of milk.

6) Serve milk-based desserts such as puddings, tapioca, frozen yogurt, custard, and ice cream frequently.

7) Enjoy a cup of hot chocolate instead of coffee. An 8-ounce serving of chocolate milk has only 2 to 7 milligrams of caffeine. Six ounces of coffee has about 100 milligrams of caffeine. Also, chocolate milk provides, on average, only about 60 calories more per serving than unflavored milk.

8) Use plain or flavored yogurt as a dressing for fruit salads. For example: Try Key lime yogurt as a dressing over fruit. Lemon yogurt works with waldorf salads (typically made with apples and such ingredients as raisins or grapes, celery, and walnuts).

9) Top baked potatoes with yogurt. For added flavor, mix in some snipped fresh chives or dried chives.

10) Enjoy smoothies for snacks. TIP: blend small frozen fruit pieces (berries work especially well) with milk or yogurt. Use about a cup of milk or yogurt; then add 1/2 to 1 cup frozen fruit and blend until smooth and of

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Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)