

SNACKS

Fruit Salad

- 1 cup blackberries (46 mg)
- 1 apple diced (6 mg)
- 24 almonds slivered (70 mg)
- ½ cup celery or fennel bulb then dice (24 mg)
- ¼ cup yogurt (70 mg)
- 1 Tbsp. Maple syrup (4 mg)

Mix diced apple, almonds, and celery with blackberries, yogurt and maple syrup

Makes 2-3 cups, 55 mg calcium per ½ cup.

Yogurt-Fruit Mineral Water Drink

- 1/3 cup freshly squeezed lime, orange, pomegranate or lemon juice (10 mg)
- 1 cup plain yogurt (400 mg)
- 1/3 cup honey
- 2 cups calcium rich mineral water such as Gerolisteiner (160 mg)
- 14 oz. coconut or almond milk (175 mg)
- 1/8 tsp. ground cloves (1.7 mg)
- 1/8 tsp. ground nutmeg (0.4 mg)
- 1/8 tsp. ground cinnamon (3 mg)

Mix the ingredients together in a bowl. Chill for 2 hours. Pour into 8-ounce glasses, sprinkle cinnamon on top, and serve.

Makes 5 cups, 150 mg of calcium per 1 cup.

NUTRITION TIPS

To Increase Calcium Content In Foods:

- ◇ Check food labels for calcium content
- ◇ Add seeds to salads and baked goods
- ◇ Add kale to smoothies and soups
- ◇ Add yogurt to baked items
- ◇ Add dried herbs



FOR MORE INFORMATION:

The NJ Interagency Council on Osteoporosis (ICO):
Established in 1997, and is a multidisciplinary coalition comprised of members of the public, state government, and healthcare, academic, and corporate communities

**NJ Department of Human Services
Division of Aging Services**

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www.state.nj.us/humanservices/doas/healthy/osteoporosis

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RECIPES FOR CALCIUM-RICH FOODS



BREAKFAST

Cereal Mixture

½ cup raisins (40 mg)
2 Tbsp. chia seeds (166 mg)
2 Tbsp. sesame seeds (150 mg)
8 dates (120 mg)
1 cup walnuts (80 mg)
4 cups oats (80 mg)
2 Tbsp. cinnamon (140 mg)

Add all the following to a bowl, mix and then pour into a storage container. Serve as a hot or cold cereal or use as a topping.

Makes 4.5 cups, 170 mg of calcium per ½ cup.

Yogurt Parfait

½ cup plain yogurt (140 mg)
½ cup cereal mix (100 mg) (above)
½ cup frozen berries (10-30 mg)
1 tsp. maple syrup (optional).
Layer cereal mix with ½ cup yogurt and ½ cup frozen berries.
Total calcium about 300 mg



LUNCH/DINNER

Bok Choy

6 cups baby bok choy chopped (about 420 mg)
1 green apple small slices (6 mg)
½ red onion diced (10 mg)
2 Tbsp. sesame oil
1 Tbsp. sesame seeds (75 mg)
About ¼ cup with vegetable broth

Heat oil in pan, sauté onion, then apple slices. Add bok choy. Drizzle with broth just to keep it from sticking. Top with sesame seeds.

Makes 2 cups, 255 mg of calcium per cup.

Kale and Lentil Soup

4 cups vegetable broth (80 mg)
¾ cup rinsed red lentils (60 mg)
1 cup diced carrots (40 mg)
1 onion (20 mg)
5 cups chopped kale with stems removed or 1 cup cooked (200 mg)
1 clove garlic
¼ tsp. red pepper flakes (optional)
1 tsp. chopped Parsley
1 Tbsp. lemon juice
1-2 Tbsp. oil

Sautee onions, garlic, carrots, and kale. Once slightly soft add the broth, lentils, parsley, red pepper flakes, and lemon.

Makes 5 cups, 82 mg calcium per cup.

DESSERT

Almond Flour and Garbanzo Bean Brownies

1 cup almond flour (240 mg)
1 cup garbanzo beans pureed or garbanzo bean flour (80 mg)
¼ tsp. salt
½ tsp. baking powder
¾ cup sugar
4 large eggs (100 mg)
1 tsp. vanilla
1 tsp. instant coffee granules (optional)
½ cup whole milk (150 mg)
¾ to 1 cup chocolate chips (add additional cocoa powder to taste)

Preheat your oven to 350 degrees. Mix together the almond flour, garbanzo beans, salt, cocoa powder and baking powder and set aside.

In a separate bowl, melt together chocolate chips and milk in bowl on top of boiling pot of water.

While the chocolate is melting, beat together the eggs, sugar, vanilla and coffee granules if using.

Slowly pour the melted chocolate and butter into the egg/sugar mixture while whisking until fully incorporated. Don't go too fast so that the raw eggs don't cook upon contact. Add the chocolate mixture in with the dry ingredients and mix completely.

Pour the batter in an 8 x 8 pan. Bake for about 40 minutes or until a toothpick poked into the center comes out clean. Let these cool completely before cutting in.

Makes 10 brownies, 52 mg calcium per brownie.