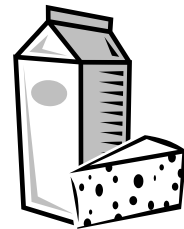


Top Ten Ways to Increase Calcium in the Your Diet and Decrease Your Risk of Osteoporosis!

The USDA recommended daily allowance (RDA) for calcium is 800 milligrams (mg) for children, 1,000 mg for adult men and menstruating women (19–50 years of age), or 1,200 mg for menopausal women (51+ years of age) per day. Here are some ways to get more calcium in your diet.

- 1. Drink milk with meals**
- 2. Add yogurt to your lunch or snack**
- 3. Snack on string cheese or cheese and crackers**
- 4. Eat more dark green leafy vegetables like broccoli and kale**
- 5. Add dry milk powder to casseroles, soups, or hot cereals (oatmeal, oat bran, cream of wheat)**
- 6. Choose dishes with high calcium content like pizza, macaroni and cheese, and lasagna**
- 7. Add cheese to your salads or side dishes**
- 8. Choose calcium-fortified foods:**
 - orange / apple / cranberry juice
 - high calcium breakfast cereals like Total® or All-Bran®
 - calcium-fortified bread
 - cereal bars fortified with calcium
 - fortified soy, pea, or rice milk
- 9. Snack on pudding made with milk**
- 10. Try a calcium supplement when you are low in your intake:**
 - VIActiv®
 - calcium citrate
 - calcium carbonate



What can you work on this month to lower your risk for osteoporosis: