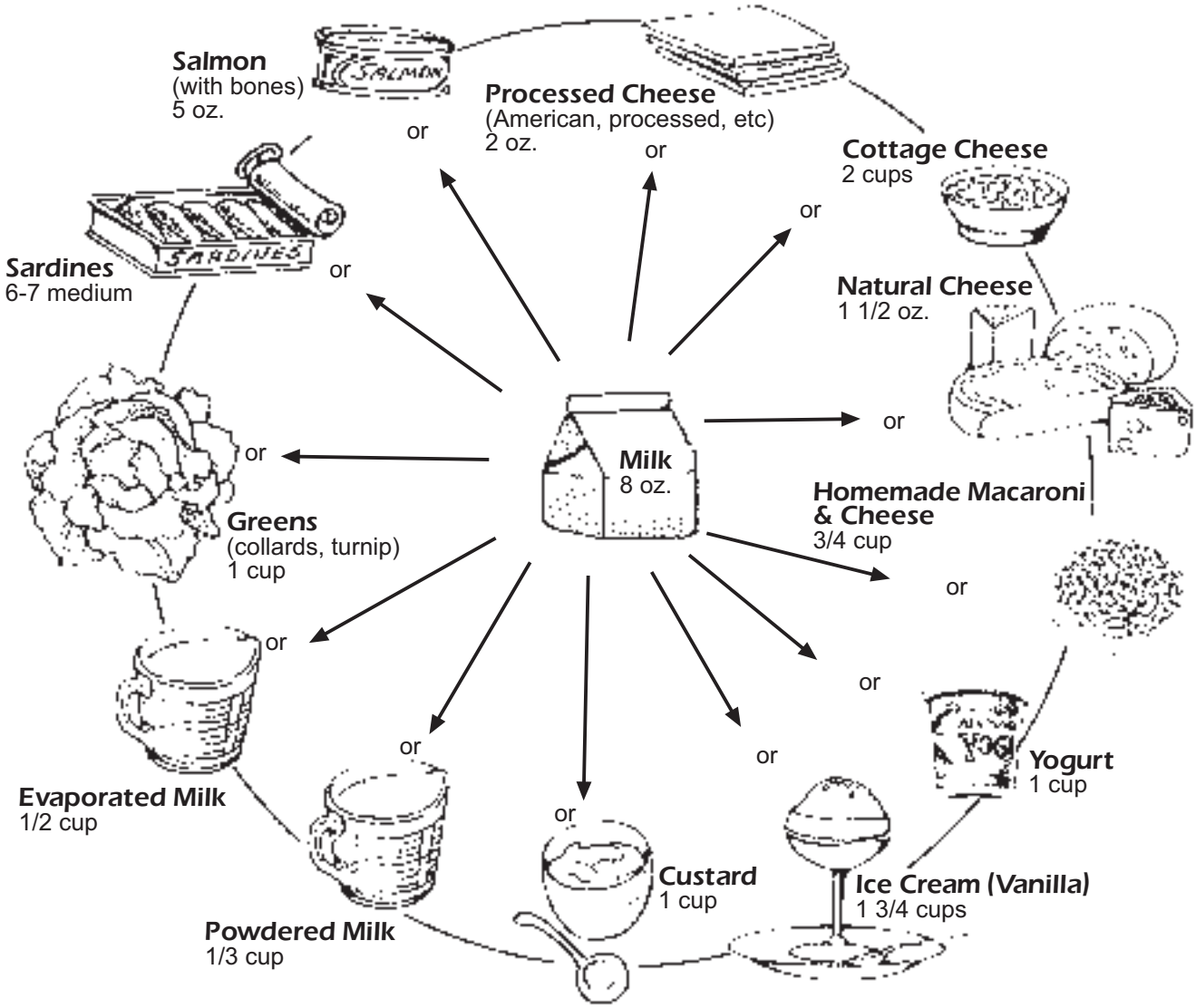
Milk Chart

The following foods have about the same amount of calcium as 8 oz. of milk:



To increase the calcium in your family's diet, try some of these ideas:

- Drink fat-free or low-fat (1%) milk for meals and snacks.
- Use fat-free evaporated milk in hot cereals and other recipes.
- Eat vegetables such as broccoli and leafy greens.
- Add dried beans, peas or lentils to soups and casseroles.
- Eat sardines and salmon, bones and all.
- Add non-fat dried milk to soups, casseroles, sauces and meatloafs.
- Substitute low-fat yogurt for sour cream in sauces, dips and salad dressings.
- Encourage children to have milk on cereal rather than eating it dry.
- Allow children to make their own milk shakes and smoothies.

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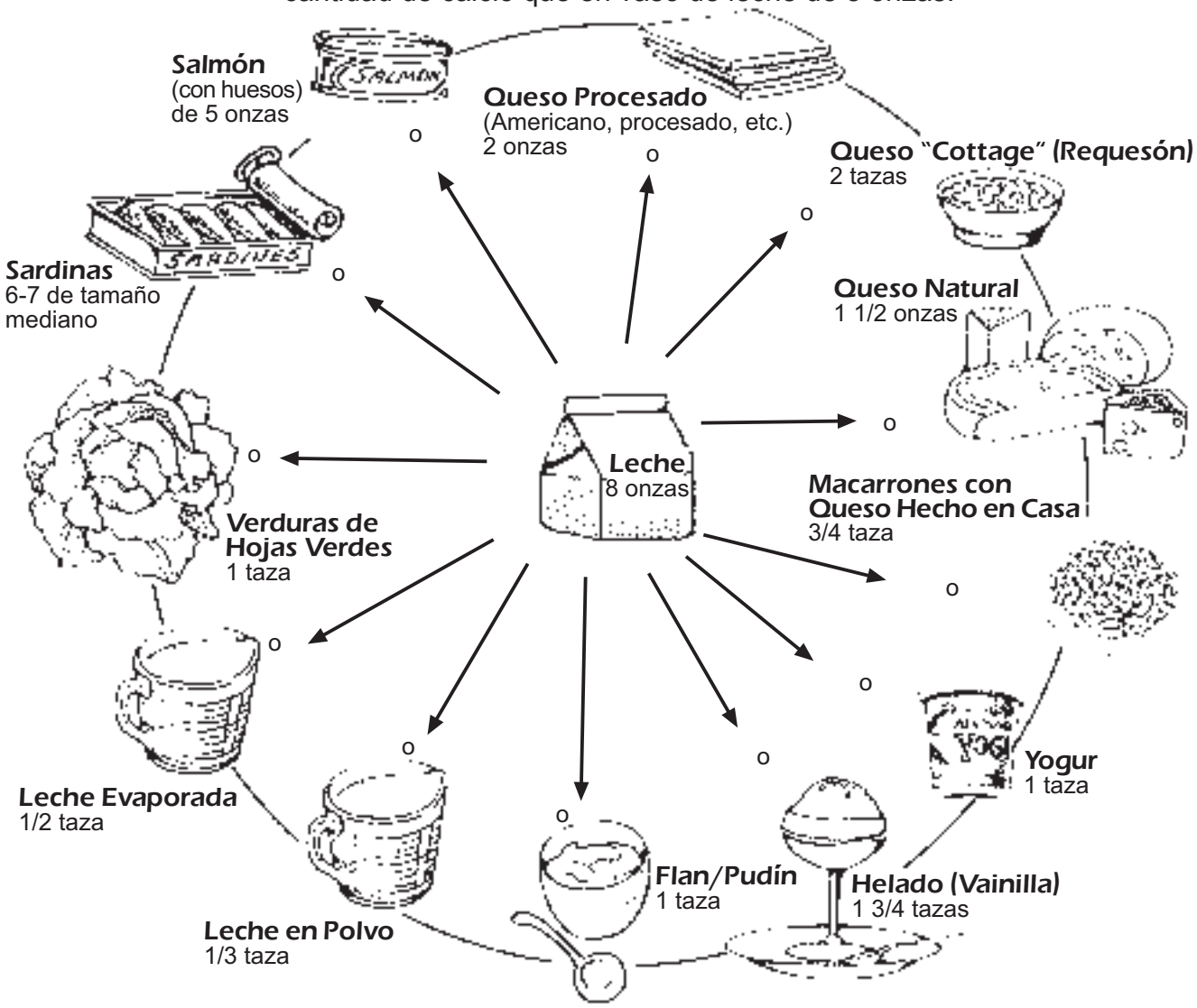
✧ El Gráfico de la Leche ✧

Los siguientes alimentos contienen aproximadamente la misma cantidad de calcio que en vaso de leche de 8 onzas.



Para aumentar el calcio en la dieta de su familia, pruebe algunas de estas ideas:

- Tome leche descremada o de 1% de grasa con comidas y meriendas.
- Use leche evaporada sin grasa en cereales calientes y en otras recetas.
- Coma verduras como brócoli y verduras de hojas verdes.
- Agregue frijoles, chícharos o lentejas a los caldos y sopas.
- Coma sardinas y salmón, incluyendo los huesos.
- Agregue polvo de leche descremada a los caldos, las sopas, las salsas y las comidas de carne molida.
- Anime a los niños para que coman el cereal con leche en vez de comerlo sencillo.
- Permita que los niños hagan sus propios licuados de leche o yogur.

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