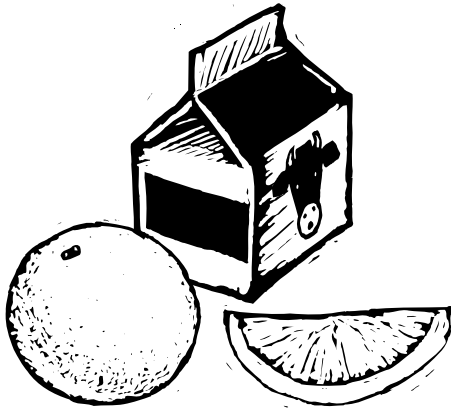


Better Health for Life from
Lehigh Valley Hospital and Health Network



Sample Calcium-Rich Menu

Are you having trouble getting enough calcium? Here are some suggestions for sneaking this bone-builder into your diet throughout the day:

■ Breakfast

1 cup fortified whole wheat cereal	48 mg (milligrams) calcium
1 cup skim milk	300 mg
1 cup orange juice fortified with calcium and vitamin D	300 mg

■ Snack

1 ounce (23) almonds	70 mg
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■ Lunch

1 baked potato with 1 ounce nonfat cheddar cheese	200 mg
1 cup minestrone soup	34 mg
1 orange	52 mg
bottled water	

■ Snack

1 cup trail mix (nuts, seeds, chocolate chips)	159 mg
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■ Dinner

3-ounce baked salmon filet	150 mg
1 cup broccoli	178 mg
1 cup enriched white rice	33 mg
carrot and raisin salad	
coffee or tea	

■ Snack

1 cup strawberries and low-fat yogurt	219 mg
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**TOTAL CALCIUM INTAKE
FOR THE DAY**

1,743 mg



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