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# HIGH CALCIUM FOODS

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The main sources of calcium in the Australian diet is milk and milk products.

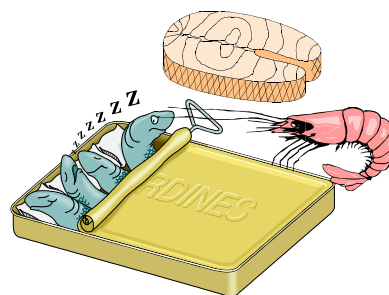
Other foods contain calcium but in smaller amounts.

## Best food sources

- ◆ Milk (includes whole, reduced fat and skim)
- ◆ Soy milk, fortified with calcium
- ◆ Cheddar cheese and other hard cheeses
- ◆ Yoghurt

## Foods which supply calcium in smaller amounts:

- ◆ Sardines and salmon with bones
- ◆ Prawns
- ◆ Dried figs and apricots
- ◆ Soy beans, chick peas
- ◆ Nuts (almonds and brazil nuts)
- ◆ Sesame seeds
- ◆ Parsley
- ◆ Ice cream



## Hints to increase calcium intake:

### *Milk:*

- ◆ Drink milk rather than sweetened cordials and juices.
- ◆ Include breakfast cereal with milk as a snack at any time.
- ◆ Add yoghurt to milk for a delicious smoothie.
- ◆ Make iceblocks by freezing milk or yoghurt on a stick. Blend with fruit for a greater variety.
- ◆ Choose desserts made with milk eg. rice puddings, custards, junkets, milk jellies, jelly whips.
- ◆ Add skim milk powder to cake mixtures, soups, mornay's, mashed potato, casseroles and sauces.

### *Yoghurt:*

- ◆ Mix with dried or mashed fruit.
- ◆ Add to breakfast cereals, desserts, muffins.
- ◆ Use as an alternative to mayonnaise for salad dressings.
- ◆ Substitute natural yoghurt for sour cream in dips.
- ◆ Add yoghurt to pasta dishes, stir fries, tacos, nachos and curries.



## **Cheese:**

- ◆ Add to scrambled eggs, sauces and dips.
- ◆ Grate as a topping to vegetables, soups, pizza, sandwiches.
- ◆ Include slices of cheese or cheese sticks for snacks.
- ◆ Use cream cheese instead of butter or margarine on dry biscuits, savoury muffins, toast and in sandwiches.

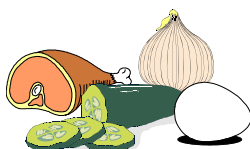
### **2 MINUTE TUNA STIR FRY**

2x 85 g pkt 2 minute noodles (and flavour)  
little oil  
2 spring onions, chopped  
1 x 200g can tuna, drained and flaked  
1 stalk celery, chopped  
¾ cup evaporated skim milk  
½ cup grated cheddar cheese

- ◆ Cook noodles as directed.
- ◆ Heat oil in pan and sauté spring onions.
- ◆ Add the tuna, celery and seasoning and cook for 2 minutes.
- ◆ Whisk together the milk and cheese.
- ◆ Add the cooked noodles and milk mixture to the pan and stir until heated through. Serve immediately. Serves 4.

### **EASY VEGETABLE SLICE**

4 slices of wholemeal bread  
1 tablespoon margarine  
4 slices of lean ham, chopped  
1 small onion, grated  
1 small zucchini, grated  
2 eggs  
1 tablespoon SR flour  
2 teaspoon chopped parsley  
½ cup grated low fat cheese



- ◆ Cut crust off bread and spread lightly with margarine.
- ◆ Arrange on the bottom of a shallow dish
- ◆ Add chopped ham and grated onion and zucchini to a bowl.
- ◆ Add eggs, parsley, flour and cheese. Stir well
- ◆ Spoon mixture over the bread. Cover with plastic wrap and microwave on med-high for 8 minutes. Serve hot or cold.

### **FRUITY CHEESE LOG**

10 dried apricots, finely chopped  
2 tablespoons orange juice  
250 g pkt cream cheese  
½ cup grated cheddar cheese  
¼ cup chopped peanuts\*  
¾ cup poppy seeds

- ◆ Soak apricots in orange juice overnight.
- ◆ Blend cream cheese and cheddar cheese together.
- ◆ Stir in apricots and juice mixture.
- ◆ Add peanuts, mix well.
- ◆ Refrigerate mixture for 1 hour.
- ◆ Roll mixture into log shapes about 20 cm long.
- ◆ Roll in poppy seeds, cover and refrigerate overnight.
- ◆ Slice and serve with dry biscuits. Serves 4.

**\*Peanuts should be avoided in children less than 5 yrs due to the risk of choking.**

### **BERRY YOGHURT MOUSSE**

2 x 12g pkt low joule berry jelly crystals  
2 cups boiling water  
3 x 200g fruit yoghurt  
1 cup berries (strawberries, raspberries, blueberries)

- ◆ Dissolve the jelly crystals in the boiling water and allow to cool.
- ◆ Fold in the yoghurt and berries.
- ◆ Place into parfait glasses and refrigerate until set. Serves 4.

