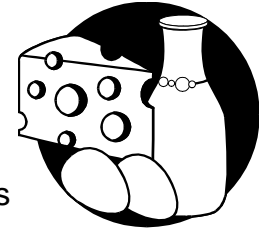




# Extension Nutrition Programs

## Montana FSNE/EFNEP

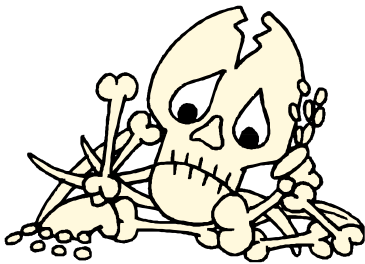
### STRENGTHEN YOUR SKELETON



We build our body's skeleton daily with our food choices. Our choices determine whether we will have a strong skeleton or one that is weak from lack of nutrients.

Just as our skin sheds old cells and makes new ones, our body builds and rebuilds a part of our skeleton's 200-plus bones every day. Bones need several servings of calcium-rich foods daily. Giving your body the calcium it needs is by far the most important thing you can do to build and maintain a healthy skeleton.

If at all possible, look to foods first to meet your calcium needs before using a supplement. Foods from the dairy group are high in calcium. Try to get two to four servings per day from the milk, yogurt and cheese group. A cup of milk, carton of yogurt, 1.5 ounces of cheese, and a cup of calcium-fortified orange juice can meet a person's calcium needs each day.

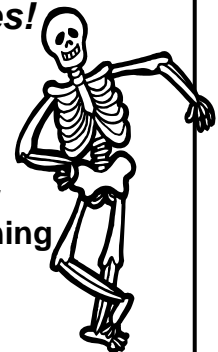


- Other calcium rich foods include:
- ❖ Canned salmon (with the bones)
  - ❖ Canned sardines (with the bones)
  - ❖ Collards, fresh, cooked (1/2 cup)
  - ❖ Broccoli, fresh, cooked (1/2 cup)
  - ❖ Dry pinto beans, cooked (1 cup)

- ❖ Drink a glass of milk with every meal.
- ❖ Use milk instead of water in hot cereal.
- ❖ Stir chocolate into a glass of milk.
- ❖ Use milk when making cream soups
- ❖ Use milk to make scalloped corn or potatoes.

#### ***Move Those Bones!***

**Regular physical activity, especially weight-bearing exercise such as walking, is important every day for rebuilding and strengthening bones.**



### Cream Soup Mix

Yield: Equivalent of 7 cans of soup;  
1 serving= 1 can

*Use this in place of canned soup in casseroles or as a soup base. It is much lower in fat and salt than canned soup.*

2 cups nonfat dry milk  
¾ cup cornstarch  
¼ cup instant chicken bouillon  
2 Tablespoons dried onion flakes  
1 teaspoon dried basil leaves  
1 teaspoon dried thyme leaves  
½ teaspoon pepper

1. Combine all ingredients. Mix well.
2. Store in an airtight container.
3. To use: Combine 1/3 cup dry mix with 1¼ cups of **COLD** water in saucepan.
4. Cook and stir until thickened. Add to casserole as you would canned soup.

Per serving: Calories 201, Fat 1G, Protein 13G, Carbohydrate 35G, Fiber >1G. Good source of protein, riboflavin, calcium, Vitamin B12 and phosphorus.

### *Broccoli Cheese Soup*

Add small pieces of broccoli and grated cheese to soup mix.

### *Potato Soup*

Add cubed, cooked potato to soup mix. Season with minced onion if desired.

### Fruit Smoothies

Yield: 3 servings • Serving: 1 cup

1 cup yogurt  
1 cup fruit (frozen, fresh **or** canned)  
1 cup 100% fruit juice

1. Place yogurt, fruit and juice in a blender and blend until smooth, about 30 seconds.
2. Serve immediately.

#### **★Tips:**

- Using frozen fruit will make the smoothie thick and icy-cold.
- If a blender is not available, you can shake it up in a jar! Use canned fruit or a banana and mash thoroughly before adding the yogurt and juice. Shake thoroughly to mix all ingredients.

PER SERVING: CALORIES 106 • FAT 1 G • PROTEIN 5 G • CARBOHYDRATE 19 G • FIBER 1 G • GOOD SOURCE OF VITAMIN C AND CALCIUM



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