

Wolff's law" states that bone models and remodels in response to the mechanical stresses it experiences so as to produce a minimal-weight structure that is 'adapted' to its applied stresses.

Calcium Benefits

Helps maintain strong bones and healthy teeth

Decreases risk of bone loss or fracture

Keeps your heart beat regular

May alleviate insomnia

Helps metabolize your body's iron

Too much calcium, will cause constipation and potential kidney stones. Which means consuming over 2500mg. per day.

Enemies in absorption of calcium

Oxalic acid, which is found in **spinach, rhubarb, chard, and beet greens** binds with the calcium in those foods and reduces its absorption. These foods should not be considered good sources of calcium.

Fiber appears to have little effect on calcium absorption except for the fiber in wheat bran that does have a small effect²⁰.

Calcium in your food

Veggies with calcium		
Food	Amount	Calcium (mg)
Blackstrap molasses	2 Tbsp	400
Collard greens, cooked	1 cup	357
Tofu, processed with calcium sulfate*	4 ounces	200-330
Calcium-fortified orange juice	8 ounces	300
Soy or ricemilk, commercial, calcium-fortified, plain	8 ounces	200-300

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Commercial soy yogurt, plain	6 ounces	80-250
Turnip greens, cooked	1 cup	249
Tofu, processed with nigari*	4 ounces	80-230
Tempeh	1 cup	215
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	175
Okra, cooked	1 cup	172
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Tahini	2 Tbsp	128
Broccoli, cooked	1 cup	94
Almonds	1/4 cup	89
Almond butter	2 Tbsp	86
Apricots dried	1 oz	90
Lemon	2 slices	110
carrots	1.5 oz	50
Black/red grapes	20 grapes	8
Pistachio nut	35 nuts	130
Kidney beans	3.5 oz	70
chickpeas	3.5 oz	60

Meat with Calcium		
Food	Amount	Calcium (mg)
Boiled egg	1	50
Sardines	1 can	460
Haddock	3.5 oz	110
Chicken	3.5oz	60
Cottage cheese	¼ cup	60

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Swiss cheese	¼ cup	950
yogurt	6oz	300
milk	1 cup	360

Food Recipes

Tasty Tower

- 1 cup non-fat flavored yogurt
- 1/4 cup raisins
- 1/4 cup crunchy cereal nuggets or low-fat granola cereal
- 1/2 cup berries (may use frozen)

Layer 1/2 yogurt, raisins, cereal or granola, 1/2 berries, remaining yogurt and top with remaining berries. Makes 1 serving.

Calories, 476; Fat, 1 gm; Saturated Fat, 0 gm; Cholesterol, 0 mg; Fiber, 6 gm; Sodium, 322 mg; **Calcium, 441 mg.**

Orange Scream

- 1, 6 oz. can unsweetened frozen orange juice concentrate
- 2 cups skim milk
- 1 teaspoon vanilla
- 10 ice cubes

Mix all ingredients in a blender until thick and foamy.

Serve immediately. Makes 2 servings

Calories, 228; Fat, 1 gm; Saturated Fat, 0 gm; Cholesterol, 4 mg; Fiber, 1 gm; Sodium 129; **Calcium, 329 mg.**

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Vegetable Cheese Quesadilla

- 2 flour tortillas
 - 2 fresh plum tomatoes, sliced
 - 1 red bell pepper, finely chopped
 - 2 green onions, finely chopped
 - 1 large carrot, grated
 - 1/2 cup grated reduced fat Monterey Jack cheese
 - 1/2 cup plain low fat yogurt
 - 2 tablespoon salsa
 - 1/2 cup chopped spinach
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- Heat a medium-size nonstick skillet over medium heat. Place a tortilla in the skillet and warm it 2 to 3 minutes. Turn the tortilla in the skillet and place half of the tomatoes, bell pepper, green onion and carrots on one half of the tortilla. Top the vegetables with half of the cheese, yogurt, salsa and spinach. Fold the tortilla over the filling and cook another 3 minutes, or until the cheese melts.
 - Transfer the quesadilla to a plate, cover it with foil to keep it warm and make another quesadilla in the same fashion. Makes 2 servings.
 - Calories, 299; Fat, 9 gm; Saturated Fat, 5 gm; Cholesterol, 24 mg; Fiber, 6 gm; Sodium, 586 mg; **Calcium, 449 mg.**
 - Adapted from The Wellness Lowfat Cookbook, University of California at Berkeley
 - For more healthy recipes visit the Arizona Nutrition Network - <http://cals.arizona.edu/maricopa/fcs/bb/recipes.html>

Chicken and Tortilla Casserole

- 10 corn tortillas
- 1 teaspoon acceptable vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 14.5-ounce can no-salt-added tomatillos, drained (or substitute tomatoes, if desired)
- 2 cups low-sodium chicken broth

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- 1 fresh jalapeno pepper, seeded and diced (about 1 tablespoon)
- 1/8 teaspoon black pepper
- Vegetable oil spray
- 2 pounds boneless, skinless chicken breasts, cooked and cubed
- 1 cup shredded low-fat Monterey Jack cheese (about 8 ounces)
- 1/2 cup nonfat sour cream

- Preheat oven to 350 degrees F.
- Cut the tortillas into quarters and place them in a single layer on an ungreased baking sheet. Bake for 10 minutes, or until they are crisp. Set aside. (Baking helps to deepen the flavor of the tortilla.) In a large skillet, heat the vegetable oil over medium heat and saute the onion and garlic for 2 to 3 minutes, or until tender. Place the tomatillos, broth, jalapeno, and black pepper in a blender. Blend until smooth. Add this mixture to the onion mixture and simmer, uncovered, for 15 minutes over medium heat. Set aside. Spray a 9 x 13-inch baking dish lightly with vegetable oil spray. Place half the tortilla quarters on the bottom of the dish, followed by half the chicken, half the tomatillo mixture, and half the cheese. Repeat layers. Bake, uncovered, for 40 minutes. Remove from oven and spread sour cream on top. Serve warm. Makes 8 servings.
- Calories, 340; Fat, 11 gm; Saturated Fat, 5 gm; Cholesterol, 89 mg; Fiber, 3 gm; Sodium; 356 mg; **Calcium, 352 mg.**
- For more healthy recipes visit the Arizona Nutrition Network - <http://cals.arizona.edu/maricopa/fcs/bb/recipes.html>
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- **Berry Delight**
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- Try making this refreshing drink with raspberries or strawberries, too.
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- **1 cup plain yogurt**

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- **2 Tablespoons boysenberry or strawberry jam or preserves**
- **1 cup water**
- **$\frac{3}{4}$ cup frozen boysenberries, unsweetened**
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- Blend ingredients in a blender until smooth, adding berries slowly.
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- Servings; 2, 1 cup each
- Calories per serving: 151
- Calcium per serving: 225 mg

Caesar Salad

Delightful with sourdough bread.

- 1 egg**
- 3 Tablespoons olive oil**
- $\frac{1}{4}$ teaspoon garlic powder**
- 1 cup cubed white bread, crust removed**
- 2 medium clove garlic, crushed**
- $\frac{1}{4}$ teaspoon dry mustard**
- $\frac{1}{2}$ teaspoon salt**
- $\frac{1}{4}$ teaspoon ground pepper**
- 2 Tablespoons water**
- 1 $\frac{1}{2}$ teaspoons Worcestershire sauce**
- 8 anchovy fillets, drained and chopped**
- 1 large bunch romaine lettuce, torn**
- $\frac{1}{4}$ cup grated Parmesan cheese**
- $\frac{1}{4}$ cup crumbled blue cheese**
- 2 Tablespoons lemon juice**

Warm cold egg by immersing in warm water. In a small saucepan, boil enough water to cover egg completely. Immerse egg in boiling water with spoon; remove from heat. Cover and let stand 30 seconds. Immediately cool egg in cold water to prevent further cooking. Heat 1 tablespoon of the olive oil and garlic powder in nonstick skillet. Add bread cubes and sauté until browned, stirring often. Combine crushed garlic, mustard, salt, pepper, oil, water, Worcestershire sauce and anchovies in

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jar; cover and shake vigorously. Pour this dressing over lettuce in salad bowl, add cheeses and toss salad until well coated. Break egg into center of the salad. Pour lemon juice on top of egg and toss well. Add bread cubes, toss gently and serve immediately.

Servings: 6

Calories per serving: 136

Calcium per serving: 143 mg