

# Calcium counts

If you don't get it, you lose it—calcium, that is. Did you know that nine of 10 women and seven out of 10 men don't get enough calcium every day? Not getting enough of this bone-building mineral puts you at serious risk for the bone-crippling disease osteoporosis. Milk and dairy products are your best sources. Use these easy tips for getting more calcium into your daily diet.

- Pair fruit with cheese cubes, sticks or slices in the morning or as a snack.
- Liven up ordinary breakfast foods such as omelets and scrambled eggs by melting shredded cheese on top.
- Take pre-cubed or individually wrapped cheeses with you to work.
- Spoon shredded cheese (any flavor will do) over baked potatoes and add other healthy toppings such as salsa, broccoli or spinach.
- Drizzle melted cheese over side dishes such as steamed vegetables or rice.
- Roll a slice of cheese with chopped vegetables or ground meat in a tortilla for a unique sandwich.
- Add a little milk to melted American cheese for a quick, easy vegetable dip.
- Start the day with a bowl of cereal or hot oatmeal with milk instead of water.
- Make a low-fat milkshake with fat-free milk, a frozen banana and strawberries.
- Relax with a warm glass of milk. Stir in a teaspoon of vanilla or almond flavoring.
- When dining out, order milk on the rocks.
- Stop at a drive-thru and order milk to go.
- Store milk in the office refrigerator and remind yourself to stop for a milk break.

**DAIRY  
MAX**

Affiliated with American Dairy Association and National Dairy Council