

Nutrition News

A Newsletter for Iowa State Employees



Calcium Foods

- Milk
- Cheese
- Yogurt
- Broccoli
- Ca fortified OJ
- tofu

Try This Recipe

Strawberry Smoothie

Makes 4 servings

Prep time 5 minutes

Ingredients:

1-1/2 cup skim milk

1-1/2 tsp strawberry

low calorie soft drink
mix

1 container (8oz)

vanilla low fat yogurt

1 cup frozen

strawberries

*Place all ingredients

in blender in order

listed, blend on high

until smooth, serve &

ENJOY!

Nutrition Information

One Serving equals:

Calories 100

Fat 1g

Ca 35% of the Daily

Value

Protein 6g

Carbohydrate 18g



For tips and more
recipes on the web
visit:

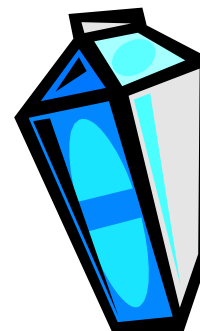
www.3aday.org

Calcium Can Help With Weight Loss!

Did you know that calcium is important for weight management as well as for bone health? More and more research has shown a positive relationship between calcium intake and body weight. In 1988 a research study meant to examine calcium's effect on blood pressure surprised researchers. They found that 2 cups of yogurt per day contributed not only to lower blood pressure, but also to an 11 pound weight loss in just 12 months even though subjects made no other diet changes! (1)

This study has led to many other studies investigating the relationship between calcium and body weight and today we know that:

- Calcium within the body's cells regulates fat storage
- A diet high in calcium helps the body burn more calories and helps the body store less calories as fat



What Happens In the Body?

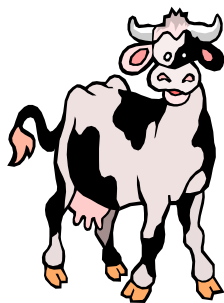
As dietary calcium intake increases, calcium levels in the fat cells decrease. In turn, lower calcium levels within the cells can impact the metabolism of fat, favoring weight loss.

How much calcium is needed?

At least 3-4 servings of calcium-rich foods per day (each equivalent to 1 cup of milk) or about 1000-1200 mg calcium from food sources daily.

In More Recent Studies

Dr. Michael Zemel and researchers from the University of Tennessee studied 34 obese adults who ate 3 calcium servings per day (about 1,100mg) for 12 weeks, and found that the group lost 22% more weight and 60% more body fat than the control group (500 mg calcium)



How to Incorporate More Calcium Into Your Day

- Eat non-dairy sources such as broccoli or Ca fortified orange juice
- Put low fat milk on whole grain cereal for breakfast or a snack!
- Add low fat cheese to sandwiches, salads or pasta
- Add shredded low fat cheese to broccoli for 2 great calcium sources!
- Make oatmeal with low fat milk rather than water and use more to cool it down before eating
- Freeze prepackaged yogurt tubes for a cool & quick summer snack
- Make your own hot chocolate with nonfat milk and choc syrup

Resources for this Newsletter:

- (1) *Family Practice News*, March 2004 v34 p27
- (2) *FASEB Journal*, 2003 v17(5) pA1088
- (3) For recipes www.3aday.org