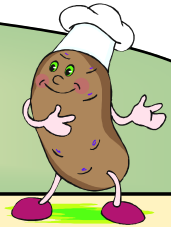


THE POTATO POST

November 2007



Make them or break them - bones, that is



Calcium and vitamin D are essential for healthy bones and teeth. Many kids now drink more pop than milk.



Drop the Pop

- ① Pop ingredients: carbonated water, sugar, acids, artificial colours and flavour.
- ① Pop has so little nutritional value that the Centre for Science in the Public Interest (CSPI) rightfully refers to pop as "liquid candy".
- ① For more great nutrition information, check out the CSPI website: <http://www.cspinet.org/>

Teachers Make a Big Difference

Promote milk drinking in your school. Contact the B.C. Dairy Foundation for incentives for kids who drink milk with their lunch. [Toll-free at 1-866-582-MILK \(6455\)](tel:1-866-582-MILK).

Vegetable/Fruit Tip of the Month

Children: Five to six a day
Teens: Seven to eight a day



Guess what?

Studies show kids eat more vegetables when **MORE VEGETABLES** are served! Keep offering, but don't force or coax kids to consume them.



Dial-A-Dietitian, 1-800-667-3438

DRINK MILK INSTEAD!

Milk and milk products are your child's best source of calcium and vitamin D. Some people have an intolerance to lactose (a natural sugar in milk). This can often be overcome by eating small quantities of cheese, yogurt, and drinking Lactaid milk. If your child has an allergy to milk and dairy products, a supplement is likely required. If you suspect an intolerance or allergy, it is important to get it properly diagnosed by a medical doctor.

Call Dial-A-Dietitian for more information about calcium and vitamin D.

Dairy Sources of Calcium Foods:

Milk, yogurt, milk puddings, milk-based soup, frozen yogurt, cheese



Non-Dairy Sources of Calcium:

Orange juice with added calcium, fortified soy drinks, salmon with bones, baked beans, tofu made with calcium, quinoa, blackstrap molasses

Monkey's Lunch Smoothie

Combine:

- ½ banana
- ½ cup milk
- ½ cup plain yogurt
- ½ cup frozen berries

Mix well in blender.
Serve and enjoy!

