Bones, Bellies and Blood Pressure

Food & Nutrition Services
INTEGRIS Health
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Do you drink milk?
Do you eat yogurt?
Do you sprinkle cheese?

As nutrients go—*calcium* is a hard hitter! Unfortunately, many Americans don't get enough on a daily basis. It takes at least THREE servings of high-calcium foods, everyday, to meet calcium requirements. When you fail to consume enough calcium-rich foods; your body simply withdrawals the calcium it needs from your bones. You will not know it is happening. You can't *feel* it. Sadly, the most common way people "find out" that they have weak bones is when they break something—usually a wrist or hip. OUCH!

Dairy products RULE!

It is true that you can get calcium from other food sources, such as dark leafy greens and soymilk, but it's not as easy or convenient. One cup of milk or yogurt provides between 250-300 mg calcium, depending on brand. Same goes for 1 ½ oz of cheese. Remember

that everything made with milk, yogurt and cheese "count"—such as; pudding, casseroles, sauces, dips, smoothies and pizza. Ideally, you should strive for NONFAT or LOW FAT options. Skim milk has the calcium you need without the butterfat (that you don't need).

Hypertension

If you have high blood pressure—take note! According to the CDC, Oklahoma is in the "stroke belt." There is strong scientific evidence showing that adequate calcium (in combination with a diet low in sodium and high in potassium) helps regulate blood pressure. Did you know that a cup of nonfat yogurt has more potassium than a banana? Smoothies are a popular way to capture fruit (potassium) and diary (calcium) simultaneously.

Bellies?

Indeed. Studies indicate that 3-4 servings of milk, cheese or yogurt helps people lose weight by helping them burn fat in the abdominal region when compared to those who just cut calories. Heck, you need to do it for your bones and blood pressure anyway—why not enjoy another "freebee" benefit?

Cafeteria Tip:

INTEGRIS cafeteria offer many calcium-rich choices. If nothing else—choose a carton of nonfat milk! Yes—white, chocolate and strawberry are all high in calcium☺ If you're interested in more information about bones, blood pressure and bellies—pack a (cheese) sandwich and join us at PACER Fitness Center on Friday, October 14th at 12:00 PM

RSVP: 951-2277.