

MAKE IT A FAST SLIDE

with Calcium



CALIFORNIA
MILK
ADVISORY
BOARD

Seven-time X Games gold medalist and inline skater Fabiola da Silva knows that a healthy diet, including calcium, is critical to her success on and off the ramp. The government recommends three servings of dairy a day to get enough calcium. Dairy products like milk, cheese and yogurt are all excellent sources of calcium. So remember, whether you're a world-class skater like Fabiola or a recreational athlete, dairy is one corner you shouldn't cut.



Fabiola does it again!
Catching some serious air on the Got Milk? Gravity tour

**MILK IS NATURAL,
MILK IS GOOD**



- Milk and other dairy products are excellent sources of vitamin D, an important nutrient for all age groups.
- Dairy products are among the richest sources of calcium, a vital factor in building strong bones.
- One ounce of natural cheese such as Cheddar, Swiss or Mozzarella contains approximately 15 percent of a teen's recommended daily calcium intake.
- People who are lactose-sensitive or lactose-intolerant can still enjoy cheese as long as they eat natural hard (aged) or soft-ripened types, which contain little or no lactose.

Daily Recommended Calcium Intake

1 to 3 years old	500mg
4 to 8 years old	800mg
9 to 18 years old	1,300mg
19 to 30 years old	1,000mg

Source: D.R.I. Food and Nutrition Board

Dip Into These Dairy Delights

If you're looking for other yummy sources of calcium, nosh on these:

Plain Yogurt (nonfat)
1 cup – 488mg Calcium

Plain Yogurt (low-fat)
1 cup – 448mg Calcium

Vanilla Yogurt (low-fat)
1 cup – 419mg Calcium

Cheddar Cheese
1 oz. – 204mg Calcium

Mozzarella Cheese (part skim)
1 oz. – 222mg Calcium

Swiss Cheese
1 oz. – 224mg Calcium

Cottage Cheese
½ cup – 63mg Calcium

Source: U.S.D.A. Nutrient Bank

THE CALCIUM RULE: ONE YOU SHOULDN'T BREAK

How Do You Take Your Milk?

LIPSLIDE

Added to soups or
sauces instead of water

VERT

A straight up glass
of cool, white leche

BARREL ROLL

Blended with fruit into
a refreshing smoothie

SOUL GRIND

Chocolate milk

ALLEY-OOP

Add milk to your coffee

DROP IN

Dunk a cookie into
a glass of milk

The vert competition was a “No Girls Allowed” zone until Fabiola kicked in the doors of the boys-only club and inspired the “Fabiola Rule” allowing women to compete against men.

Fabiola now regularly beats the men and also follows the “Calcium Rule,” which calls for three servings of calcium per day.

Teenagers require around 1,300mg of calcium per day – that’s roughly three glasses of milk. Perhaps not everyone is going to drink three glasses of milk a day, but there are plenty of tasty, convenient ways to get your calcium:

**Tuck a slice of cheese
into your sandwich**

**Balance your meal with a glass
of milk, flavored if you like**

**Make it a latte – one 12
oz. latte provides roughly
one-third of your daily
calcium requirement**

**Fight the chill with a cup
of hot cocoa with milk**

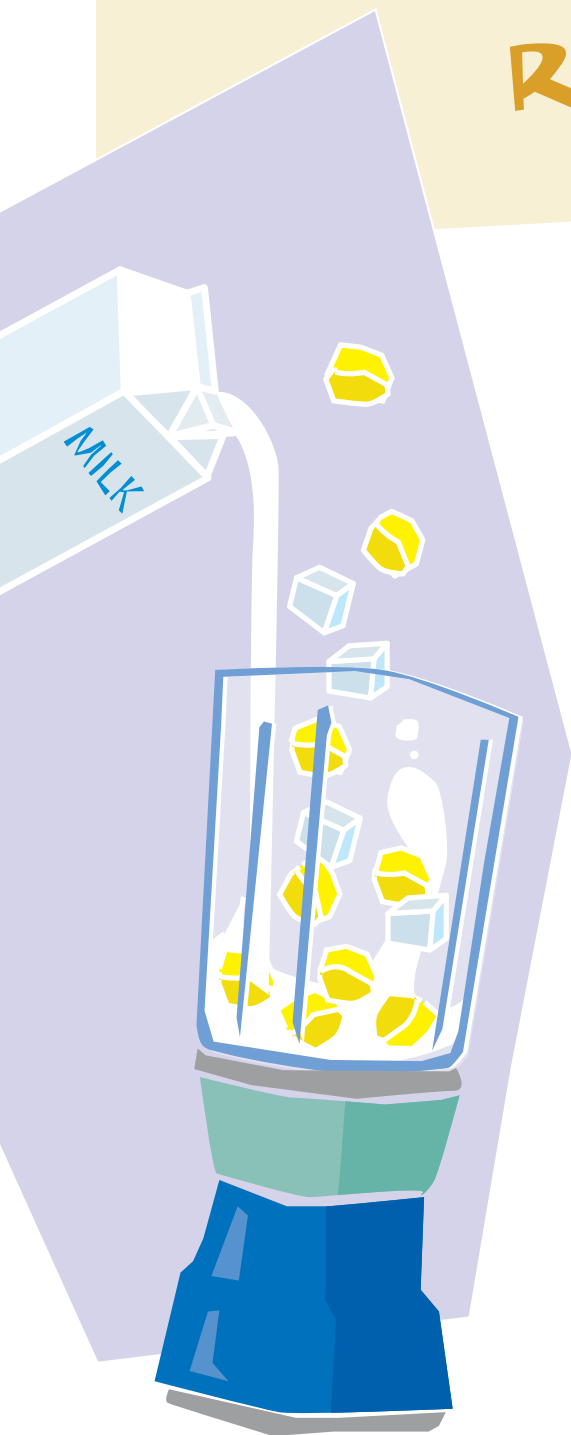
**Substitute milk for water
when making canned
soups and hot cereals**

**Add fruit or granola to
a cup of yogurt for
a light breakfast or a
quick and easy snack**

**Blend cold milk with your favorite
fruit to make a refreshing smoothie**



RADICAL RECIPES



Banana Crème Crossover

Rich in calcium and potassium, this lowfat dairy drink revitalizes as it refreshes. The tropical flavor of ripe bananas combines with spicy cinnamon and rich vanilla seasonings to produce a delicious and creamy smoothie with a strong finishing kick.

- 1 cup nonfat California milk**
- 1 ripe banana, cut into chunks**
- ½ teaspoon vanilla extract**
- ⅛ teaspoon cinnamon**
- 4 ice cubes**

Place all ingredients in blender or food processor and blend until smooth and frothy.

Serve immediately.

Per serving:	
200 calories	40g carbohydrates
5 calories from fat	3g fiber
0g fat (0g saturated fat)	10g protein
5mg cholesterol	256mg calcium
130mg sodium	426mg potassium

California Citrus Spin Salad

Blending the tangy citrus flavor of orange and kiwi with the luxurious California accents of almond and honey, this colorful dish offers a refreshing take on the standard cottage cheese salad recipe.

- ⅔ cup nonfat or low-fat California cottage cheese**
- 1 teaspoon honey**
- 1½ teaspoons sliced almonds, lightly toasted (plus extra for garnish)**
- 1 orange, peeled and segmented**
- 1 kiwi, peeled and sliced into rounds**

Lightly mix together the cottage cheese, honey and almonds. On a plate or in a shallow bowl, arrange a layer of fruit and top with a spoonful of cottage cheese mixture. Repeat one more layer. Garnish with extra almonds.

Variation: You can substitute an 8-ounce container of prepared citrus segments for the fresh fruit.

Per serving:	
280 calories	36g carbohydrates
25 calories from fat	6g fiber
3g fat (3g saturated fat)	29g protein
10mg cholesterol	96mg calcium
20mg sodium	



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