

Get Enough Calcium During the Day? 5 Ways to Fortify

Almond Berry Breakfast Smoothie

1 banana + 1 cup strawberries + 1 cup calcium-fortified almond milk + 1 cup chopped kale + 1 tbsp almond butter + ½ tsp honey + 1 tsp vanilla extract + 3 ice cubes



Provides: 350 calories, 13 grams fat (2 grams saturated), 60 grams carb, 9 grams protein, 9 grams fiber, 530 mg calcium

Broccoli Cheese Dip Snack

Blend ½ cup cooked broccoli + ½ cup cottage cheese + pinch of salt + dip with 5 pita chips + 5 carrot sticks



Provides: 210 calories, 5 grams fat (2 grams saturated), 22 grams carb, 19 grams protein, 4 grams fiber, 120 mg calcium

Chicken Salad

4 ounce chicken breast + 2 tbsp plain yogurt + ½ tbsp mayo + 10 sliced grapes + 1 diced celery stalk + 15 almonds + salt and pepper + 1 cup greens + 1 ounce goat cheese



Provides: 400 calories, 21 grams fat (6 grams saturated), 16 grams carb, 36 grams protein, 4 grams fiber, 230 mg calcium

Tofu Bok Choy Stir-fry

Sauté 1 tbsp peanut oil + ¼ block sliced tofu for 3 minutes per side (then wipe pan clean) + sauté 1 tsp sesame oil + 1 scallion + 1 tsp minced ginger + 1 garlic clove + 1 tbsp soy sauce + 1 tsp rice vinegar + 1 bok choy + ½ cup brown rice



Provides: 380 calories, 25 grams fat (4 grams saturated), 27 grams carb, 15 grams protein, 3 grams fiber, 290 mg calcium

Yogurt with Honey and Figs

½ cup low-fat Greek yogurt + 3 dried figs chopped + ½ tsp honey + ¼ tsp cinnamon + 5 almonds



Provides: 210 calories, 4 grams fat (2 grams saturated), 33 gram carb, 10 grams protein, 4 grams fiber, 150 mg calcium

Get More Calcium with These Foods Too

