

Health Tip of the Month

**Women over 50
need calcium too!**

Everyone needs a calcium rich diet, especially women over the age of 50 who have reached menopause. Lowered estrogen levels in older women may lead to Osteoporosis, a disease that weakens bones over time. By consuming **calcium rich dairy products**, women can help themselves maintain strong bones and reduce the risk of Osteoporosis.

So why do many older women lack the calcium rich diets they need? Do they fear increased calorie intake and weight gain from eating dairy products rich in saturated fats?

Why not try low-fat and fat-free?

Replace full-fat dairy with low-fat and fat-free products. They provide the same key nutrients and contain fewer calories from saturated fat. Next time you are in the grocery store, compare labels. You can help yourself stay bone healthy with less calories and less fat.

Give it a try!

**Meet the
recommended 3
cups per day!**

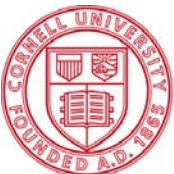
Women are four times more likely than men to develop Osteoporosis.

Meeting the recommended 3 cups of dairy per day can help slowdown or stop progressive bone loss.

Tasty ways to enjoy low-fat!

- Add low-fat cheese to veggie salad or omelets.
- Add low-fat yogurt to fresh fruit.
- Make fruit smoothies in the blender using fat-free yogurt.
- Bake muffins or pancakes with low-fat buttermilk.
- Make a decaf cappuccino with 1/2 c decaffeinated coffee and 1/2 c steamed skim milk.
- Lactose intolerant? Try low-fat soy products enriched with calcium.

For more information visit: www.choosemyplate.gov



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: brought to you by Meghan Garrity
Nutrition and Health Intern C.W. Post 13:11/11

