

Here's what five days' worth of calcium-rich meals and snacks looks like. Mix and match to get your fill of this all-important mineral. By Rachel Meltzer Warren, M.S., R.D.N.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<b>BREAKFAST</b>	<b>STRAWBERRY BANANA SMOOTHIE</b> <b>469 mg</b> 1 medium frozen banana blended with 1 cup unsweetened almond milk + ½ cup frozen strawberries	<b>BANANA BREAD OATMEAL</b> <b>353 mg</b> ½ cup rolled oats prepared with 1 cup 1 percent milk, mixed with 1 medium banana, mashed, and topped with 2 Tbsp. walnut halves	<b>HOT CEREAL</b> <b>522 mg</b> 1 packet Healthy Grain Cream of Wheat prepared with 1 cup 1 percent milk topped with ½ pear, sliced + cinnamon	<b>ALMOND BUTTER ON ENGLISH MUFFIN</b> <b>460 mg</b> 2 Tbsp. almond butter on a whole wheat English muffin + ½ cup calcium-fortified OJ	<b>SPINACH MUSHROOM SWISS OMELET*</b> <b>385 mg</b> 2 large eggs + one 1-oz. slice low-fat Swiss cheese + 2 cups spinach + ½ cup sliced white mushrooms <i>*Also makes a great lunch or dinner</i>		
	<b>MELTED CHEESE PITA</b> <b>312 mg</b> 1 small whole wheat pita + 2 slices low-fat Muenster cheese + 2 tomato slices + ¼ avocado, sliced + 3 Tbsp. alfalfa sprouts	<b>TUNA SALAD PANINI</b> <b>269 mg</b> 4 oz. canned tuna mixed with 1 tsp. mayonnaise + 2 Tbsp. chopped red onion + 6 leaves arugula + 1 slice low-fat Swiss cheese + 1 whole wheat sandwich thin, toasted	<b>CAPRESE SALAD</b> <b>365 mg</b> 3 cups arugula topped with two 1-oz. bocconcini (fresh mozzarella cheese balls) + 1 tomato + ¼ cup basil pesto + balsamic	<b>YOGURT PARFAIT</b> <b>490 mg</b> One 6-oz. container plain low-fat yogurt layered with 1 cup strawberry slices + ¼ cup pistachios + ½ cup apricot halves + 2 Tbsp. toasted wheat germ	<b>AMY'S STUFFED PASTA SHELLS BOWL</b> <b>400 mg</b> <i>Look for this on-the-go option in the frozen food aisle at your grocery</i>		
<b>LUNCH</b>	<b>PASTA WITH SPINACH AND BEANS</b> <b>319 mg</b> 2 oz. whole wheat rotini + ½ cup cannellini beans + 4 cups raw spinach, sautéed in garlic and oil + 2 Tbsp. shredded parmesan	<b>SALMON BURGER</b> <b>392 mg</b> One 4.75-oz. can salmon, flaked with fork + 1 egg + ½ cup chopped red onion + ⅓ cup whole wheat bread crumbs + 1 tsp. dried dill. Mix well and form 5 patties. Pan fry over medium heat, about 3 minutes per side. Serve on toasted whole wheat English muffin topped with 2 Tbsp. low-fat plain yogurt mixed with 1 Tbsp. capers + 6 sprigs watercress, and a small baked sweet potato on the side.	<b>BROCCOLI AND TOFU</b> <b>372 mg</b> 3 oz. firm tofu* (made with calcium sulfate) + 2 cups broccoli sautéed in 2 tsp. toasted sesame oil and 1 tsp. soy sauce sprinkled with 2 Tbsp. sesame seeds and served with ½ cup brown rice <i>*You can swap out the tofu for 3 oz. chicken breast; it only has 18 mg of calcium, so add 2 cups raw spinach when you sauté the broccoli for an extra 59 mg.</i>	<b>GRITS AND GARLIC GREENS</b> <b>322 mg</b> 3 cups raw collard greens, sautéed with ¾ cup kidney beans + garlic + red pepper flakes + 1 packet instant grits, prepared with water	<b>MEDITERRANEAN SCRAMBLE</b> <b>339 mg</b> 3 cups spinach sautéed with 1 oz. feta cheese + 2 eggs + 2 slices whole grain toast + ¼ avocado		
	<b>¼ cup almonds + ¼ cup dried apricots</b> <b>112 mg</b>	<b>2 Laughing Cow Mini Babybel cheese rounds + 15 Kashi Original 7 Grain Crackers</b> <b>340 mg</b>	<b>1 cup low-fat strawberry kefir + 1 medium pear</b> <b>316 mg</b>	<b>1 vanilla pudding cup + 1 large orange</b> <b>179 mg</b>	<b>3 kiwifruit + 1 cup Cheerios</b> <b>182 mg</b>		
<b>DINNER</b>	<b>1 cup sliced crudité veggies (red pepper, celery, carrot) + 1 cup low-fat cottage cheese mixed with 1 tsp. dried dill and garlic powder</b> <b>197 mg</b>	<b>1 cup plain nonfat yogurt + 2 medjool dates, chopped + 1 Tbsp. pistachios</b> <b>461 mg</b>	<b>1 cup almonds + ¼ cup dried apricots</b> <b>112 mg</b>	<b>2 Laughing Cow Mini Babybel cheese rounds + 15 Kashi Original 7 Grain Crackers</b> <b>340 mg</b>	<b>1 cup low-fat strawberry kefir + 1 medium pear</b> <b>316 mg</b>	<b>1 vanilla pudding cup + 1 large orange</b> <b>179 mg</b>	<b>3 kiwifruit + 1 cup Cheerios</b> <b>182 mg</b>
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<b>SNACKS</b> <i>pick one a day</i>	<b>1 cup almonds + ¼ cup dried apricots</b> <b>112 mg</b>	<b>2 Laughing Cow Mini Babybel cheese rounds + 15 Kashi Original 7 Grain Crackers</b> <b>340 mg</b>	<b>1 cup low-fat strawberry kefir + 1 medium pear</b> <b>316 mg</b>	<b>1 vanilla pudding cup + 1 large orange</b> <b>179 mg</b>	<b>3 kiwifruit + 1 cup Cheerios</b> <b>182 mg</b>		
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**If you're 50 or OLDER, add one of these per day:**

- VANILLA STEAMER** **314 mg**  
1 cup low-fat milk mixed with 1 tsp. vanilla extract + 1 tsp. sugar, microwave on high for 1 minute and mix again
- CALCIUM-FORTIFIED ORANGE JUICE** **348 mg**  
1 cup
- CALCIUM-FORTIFIED CEREAL** **333 mg**  
1 cup