

Capture Calcium

You know that calcium helps build strong bones and teeth. Now researchers are finding that 3 servings of dairy calcium daily as part of a reduced calorie diet may help increase fat burning and weight loss. So, the next time you crave some calcium, dig right in. Here are some tasty ideas to help you get more dairy calcium in your diet.

Sources of Calcium

<i>Food</i>	<i>Serving Size</i>	<i>Calcium Content (milligrams)</i>
Yogurt, plain (low-fat)	1 cup	400
Milk, fat-free	1 cup	300
Chocolate milk (1%)	1 cup	285
Cheddar cheese	1.5 ounces	300
Frozen yogurt	1/2 cup	100
Cottage cheese	1/2 cup	75

Fruit Brulée

3 cartons (6 oz each) Yoplait® Original 99% Fat Free French vanilla or strawberry yogurt
3 cups cut-up fresh or canned mixed fruit
1/4 cup slivered almonds, toasted
3 tablespoons packed brown sugar
1 tablespoon margarine or butter
1 teaspoon water

Mix yogurt, fruit and almonds. Spoon into 5 dessert dishes; refrigerate.

In 1-quart saucepan, heat remaining ingredients to boiling over medium heat, stirring constantly. Pour over fruit mixture in each dish; let stand 5 minutes before serving.

5 servings.

1 Serving: Calories 250 (Calories from Fat 50); Fat 6g (Saturated 1.5g); Cholesterol 0mg; Sodium 90mg; Carbohydrate 42g (Dietary Fiber 2g); Protein 6g.
% Daily Value: Vitamin A 6%; Vitamin C 45%; Calcium 20%; Iron 4%

Tip: To toast almonds, heat oven to 350°F. Bake in ungreased pan 10 minutes, stirring occasionally, until golden brown.

Double Fruit Shakes

3 cartons (6 oz each) Yoplait® Original 99% Fat Free French vanilla, strawberry, mixed berry or red raspberry yogurt
1 package (10 oz) frozen sweetened strawberries or raspberries, partially thawed
1 medium banana, sliced (1 cup)

In blender, place all ingredients. Cover and blend on medium-high speed about 30 seconds or until smooth. Pour into 4 glasses. Serve immediately.

4 shakes.

1 Serving: Calories 240 (Calories from Fat 15); Fat 1.5g (Saturated 1g); Cholesterol 5mg; Sodium 75mg; Carbohydrate 50g (Dietary Fiber 2g); Protein 6g.
% Daily Value: Vitamin A 2%; Vitamin C 50%; Calcium 20%; Iron 4%

Oatmeal Pancakes with Yogurt Topping

Oatmeal Pancakes

1 egg or 2 egg whites
1 ½ cartons (6 oz each) Yoplait® Original 99% Fat Free French vanilla yogurt (1 cup)
¾ cup quick-cooking oats
½ cup all-purpose flour
1 tablespoon sugar
2 tablespoons vegetable oil
1 teaspoon baking powder
½ teaspoon baking soda
2 to 3 tablespoons fat-free (skim) milk, until as thin as desired

Yogurt Topping

1 ½ cartons (6 oz each) Yoplait® Original 99% Fat Free French vanilla yogurt (1 cup)
½ cup fruit preserves

Grease or spray griddle if necessary; heat griddle. In large bowl, beat egg with hand beater until foamy; stir in remaining pancake ingredients. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right).

For each pancake, pour about 3 tablespoons batter from tip of large spoon or from pitcher onto hot griddle. Cook pancakes until puffed and dry around edges. Turn; cook other sides until golden brown.

Mix topping ingredients. Serve hot pancakes with topping. Cover and refrigerate any remaining topping.

Eleven 3-inch pancakes.

1 Serving (2 Pancakes and ¼ cup Topping): Calories 360 (Calories from Fat 80); Fat 8g (Saturated 2g); Cholesterol 45mg; Sodium 310mg; Carbohydrate 62g (Dietary Fiber 2g); Protein 9g.

% Daily Value: Vitamin A 2%; Vitamin C 2%; Calcium 25%; Iron 8%

Layered Caribbean-Chicken Salad

Dressing

1 carton (6 oz) Yoplait® Original 99% Fat Free piña colada yogurt
1 ½ to 2 teaspoons lime juice
1 teaspoon Caribbean jerk seasoning

Salad

3 cups shredded romaine
2 cups cubed cooked chicken
2 cups shredded reduced-fat marble-jack cheese (8 oz)
1 can (15 oz) black beans, drained, rinsed
1 ½ cups diced peeled ripe fresh mango
½ cup chopped seeded Italian plum tomatoes (1 to 2 medium)
½ cup thinly sliced green onions (8 medium)
½ cup fat-free croutons
Fresh edible flowers, if desired

In small bowl, mix dressing ingredients until well blended.

In large glass serving bowl, layer salad ingredients in order listed, except croutons and flowers. Spoon dressing evenly over salad; sprinkle croutons on top. Garnish with flowers.

6 servings.

1 Serving: Calories 360 (Calories from Fat 90); Fat 10g (Saturated 6g); Cholesterol 60mg; Sodium 460mg; Carbohydrate 35g (Dietary Fiber 6g); Protein 31g.

% Daily Value: Vitamin A 30%; Vitamin C 40%; Calcium 35%; Iron 15%