

## Food for **STRONG BONES**



It is widely known that calcium protects bones against loss of strength and density. Calcium is primarily found in dairy food items but is also found in leafy green vegetables (broccoli, kale and spinach) fruits (oranges), beans and peas (peanuts, peas, black beans and baked beans) fish (salmon, sardines) and a wide range of other type foods (sesame seeds, corn tortillas, almonds, brown sugar). Some food manufacturers have also started fortifying foods with calcium such as bread and orange juice.

Eating all the calcium in the world however won't help you, if you don't have adequate intake of vitamin D or have a high intake of carbonated beverages. Carbonated beverages (soda) and foods with high phosphorous content, appear to deplete the bones of calcium, therefore making them weaker. Vitamin D assists in the absorption of calcium and can be found in fortified milk, cereal and bread. There are very few other foods that contain vitamin D, which include salmon, sardines and egg yolks. Sunlight however is the largest source of vitamin D. If you are unable to be outside often vit D supplementation is available. The best utilized type is D3.

When exposed to the sun, the skin naturally produces vitamin D, however during winter hours or in areas of low sunlight, it is more difficult to produce Vitamin D. So after eating lots of spinach, oranges, black beans and salmon, finish your meal with a brisk walk outside, during daytime hours, of course. You will be well on your way to stronger and healthier bones.

### Grilled Salmon with Citrus Salsa and Baby Greens

#### Ingredients:

- 2 oranges, peeled, cored and chopped\*
- 1/4 cup finely chopped red onion
- 5 basil leaves, thinly sliced
- 1 teaspoon extra-virgin olive oil
- Freshly ground black pepper
- 2 tablespoons fresh orange juice \*
- 1 teaspoon seasoned rice-wine vinegar
- 1 teaspoon Dijon-style mustard
- 3 tablespoons extra-virgin olive oil
- 4 (5 ounce) salmon fillets\* ^
- 1 (5 ounce) package Fresh Baby Spinach Leaves\*
- 1/2 bulb fennel, thinly sliced

#### Directions:

1. Combine oranges, onion, basil and oil in medium bowl; season pepper. Mix orange juice, vinegar, and mustard in small bowl. Whisk in oil; season with pepper.
2. Season salmon fillets with pepper. Lightly brush grill with oil. Grill salmon, turning once, until just cooked through, about 10 to 12 minutes, depending on thickness.
3. Combine salad blend and fennel in large bowl; add vinaigrette and gently toss to coat. Arrange salad on plates with salmon fillets. Spoon orange salsa over top of salmon.

### Black Bean Salad

#### Ingredients

- 3 (15 ounce) cans black beans, drained and rinsed \*
- 1 (11 ounce) can Mexican-style corn, drained
- 2 (10 ounce) cans diced tomatoes with green chile peppers, partially drained
- 2 tomatoes, diced
- 2 bunches green onions, chopped
- cilantro leaves, for garnish

#### Directions:

1. In a large bowl, combine the black beans, corn, green onions, jalapeno peppers, bell pepper, avocado, pimentos, tomatoes, cilantro, lime juice, and Italian dressing. Season with garlic salt. Toss, and chill until serving.

\*Foods that are high in calcium    ^Foods that are high in vitamin