




1. Calcium and Vitamin D

MODULE 5

Calcium and Vitamin D are essential to help your baby build strong bones and teeth.

The following table contains easy tricks to add more Calcium and Vitamin D to your diet.

EASY TRICKS TO ADD MORE CALCIUM AND VITAMIN D	
User skim milk powder when cooking	
	<ul style="list-style-type: none">• Add skim milk powder to puddings, chees dishes, scrambled eggs, meat loaves, muffins, bread, soups, and chowders. Note that 75 ml of skim milk powder gives you the calcium of 250 ml of milk.• Mash potatoes in their cooking water, add 45 to 60 ml of skim milk powder, and mash again.
Use cheese.	
	<ul style="list-style-type: none">• Eat cheese for a snack.• Grate cheese into salads, casseroles and sandwiches.• Make cheese sauces for vegetables and pasta.• Try cheese that are lower in fat.
Use yogurt	
	<ul style="list-style-type: none">• Replace sour cream with plain yogurt when cooking.• Use yogurt to replace the mayonnaise in salad dressings, dips, and sandwich fillings.
Use milk instead of water in some recipes	



- Make hot cereals and cream soups with milk, not water.
- Add extra milk powder for even more calcium.

Drinking at least two cups of milk every day will help you get more Vitamin D. Other milk products like cheese aren't enriched with Vitamin D, but some yogurts are.

