

February 2008

# What's In Your Cupboard?

## Calcium-rich foods, every day.

Calcium is needed for building bones and teeth. But that's not all — some calcium is in the blood and helps muscles contract and blood clot. Calcium helps nerves work, too.

Milk, yogurt and cheese are great sources of calcium. Other good sources of calcium include leafy greens like kale, collards, and turnip greens, sardines and canned salmon with bones, soybeans, and orange juice with added calcium.

Even if you have stopped growing, you can help keep your bones strong by exercising and getting the recommended number of foods containing calcium.

## Tips for staying well....

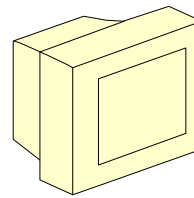
Wash your hands often - this is one of the best ways to prevent food-borne illness and can help prevent the spread of cold and flu germs.



For information on how to get food for your family, call Oregon Food Bank: 1-800-777-7427

## Resource Spotlight

OregonHelps is a website that can help you find out if you and your family can get help from 28 different services, including food, medical care, housing, and others. OregonHelps is free and confidential. When you visit the website, you do not have to use



### Where to Begin:

<http://www.oregonhelps.org/>  
Note: Your library might have computers that you can use for free.

## Try Beans

The USDA Dietary Guidelines say most people need up to 3 cups a week of cooked beans. Beans provide protein, fiber (for heart health and good digestion) and vitamins and minerals. Beans have no cholesterol! Visit [healthyrecipes.oregonstate.edu](http://healthyrecipes.oregonstate.edu) to learn about how to cook dry beans.