

# Sample Menus

## Supplemental Calcium Group

**Principal Co-Investigators:** Suzanne Morin, MD MSc., Stella Daskalopoulou, MD PhD

**Co-Investigators:** Hope Weiler, RD PhD, David Goltzman, MD, Angela Cheung, MD PhD, Elham Rahme, PhD, Susan Whiting, PhD, André Roussin, MD

**Study Co-ordinator:** Michelle Wall, MSc.

**Research Dietitian:** Angel Ong, MSc RD

**Institution:** McGill University Health Center

## Introduction

Health Canada recommends that women over the age of 50 consume approximately 1200 mg of calcium per day. This calcium can come from your diet or from calcium supplements.

Participants, such as yourself, who have been assigned to the supplemental calcium group of the study, will be asked to meet your calcium recommendation mainly from taking 750 mg of calcium supplements daily.

The balance of your daily calcium recommendation, approximately 450 mg, will come from your diet. This can be achieved by following a balanced diet which includes 1 serving of food rich in calcium per day.

We have prepared 4 sample menus to help you achieve your target of 1 serving of food rich in calcium per day.

For the purposes of this study, a few examples of a serving of food rich in calcium include:

- $\frac{2}{3}$  cup of milk
- $\frac{2}{3}$  cup of enriched soy beverage
- 25 g of hard cheese
- 2 tbsp parmesan cheese
- $\frac{3}{4}$  cup (175 g) of 0%-1% flavoured yogurt
- 100 g of tofu prepared with calcium sulfate

**Sample Menus**

**Sample Menu #1:**

Your daily serving of food rich in calcium is  $\frac{2}{3}$  cup of milk.

Meal	Foods
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- <math>\frac{3}{4}</math> cup (175 ml) hot oatmeal, cooked</li> <li>- <b><math>\frac{2}{3}</math> cup of milk, 1%</b></li> <li>- <math>\frac{1}{2}</math> cup blueberries</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- Tuna salad sandwich:               <ul style="list-style-type: none"> <li>o 2 rye bread slices</li> <li>o Tuna <math>\frac{1}{2}</math> can (<math>\frac{1}{2}</math> cup)</li> <li>o 1 tablespoon of light mayonnaise</li> <li>o <math>\frac{1}{2}</math> small tomato</li> <li>o 1 small lettuce leaf</li> </ul> </li> <li>- 1 medium orange</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>- 1 cup brown rice</li> <li>- 75 g (2 <math>\frac{1}{2}</math> oz) grilled chicken breast</li> <li>- 1 <math>\frac{1}{2}</math> cup stir fried vegetables:               <ul style="list-style-type: none"> <li>o <math>\frac{1}{2}</math> cup red peppers</li> <li>o <math>\frac{1}{4}</math> cup onions</li> <li>o <math>\frac{1}{4}</math> cup mushrooms</li> <li>o <math>\frac{1}{2}</math> cup cauliflower</li> <li>o 1 tablespoon of olive oil</li> </ul> </li> <li>- 1 medium peach</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>- 1 granola bar</li> </ul>

**Sample Menu #2:**

Your daily serving of food rich in calcium is a 25g (1 oz) piece of Swiss cheese.

<b>Meal</b>	<b>Foods</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- 2 pumpernickel bread slices (medium)</li> <li>- 2 tablespoons peanut butter</li> <li>- 1 cup apple juice, non-fortified</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- 1 cup tomato soup</li> <li>- 1 Turkey submarine sandwich               <ul style="list-style-type: none"> <li>o 6" bread</li> <li>o ½ cup chopped lettuce</li> <li>o 3 slices of tomato</li> <li>o 3 slices turkey</li> <li>o <b>25 g (1 oz) Swiss cheese</b></li> <li>o 2 tablespoons of light mayonnaise</li> </ul> </li> <li>- ½ cup grapes</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>- 75 g (2 ½ oz) meatloaf</li> <li>- ½ cup sautéed cauliflower</li> <li>- ½ cup sautéed baby carrots</li> <li>- 1 tablespoon of margarine</li> <li>- 1 cup couscous with parsley</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>- ½ cup raspberries</li> </ul>

**Sample Menu #3** (Vegetarian):

Instead of including dairy as your daily serving of food rich in calcium, this menu includes 100 g of tofu prepared with calcium sulfate which contains the same amount of calcium as 2/3 cup of milk or a 25 g (1 oz) piece of Swiss cheese.

**NOTE:** If your brand of tofu does not list calcium sulfate in the ingredients, it will not contain as much calcium. If this is the case, please add a serving of food rich in calcium, such as 2/3 cup of enriched soy beverage, to this menu.

Meal	Foods
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- 1 multigrain bagel</li> <li>- 1 teaspoon margarine</li> <li>- 1 egg, cooked</li> <li>- 2 slices of tomato</li> <li>- 1 small lettuce leaf</li> <li>- 1 apple</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- Quinoa and Black Bean Salad: <ul style="list-style-type: none"> <li>o 1 cup quinoa, cooked</li> <li>o 3/4 cup of black beans</li> <li>o 1/4 cup diced yellow peppers</li> <li>o 1/4 cup diced green peppers</li> <li>o 1/4 cup diced tomatoes</li> <li>o 1/4 cup diced cucumber</li> <li>o 2 tablespoons chopped onion</li> <li>o 1 tablespoon chopped coriander</li> <li>o 1 teaspoon of olive oil</li> <li>o juice of 1/2 a lemon</li> </ul> </li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>- Stir fried Tofu <ul style="list-style-type: none"> <li>o <b>100 g tofu prepared with calcium sulfate</b></li> <li>o 1/2 cup red peppers</li> <li>o 1/2 cup cauliflower</li> <li>o 1 tablespoon light soya sauce</li> <li>o 1 teaspoon of sugar</li> <li>o 1/2 teaspoon of cornstarch</li> <li>o 1 tablespoon of vegetable oil</li> </ul> </li> <li>- 1 cup white rice</li> <li>- 1 medium pear</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>- 10 crackers</li> <li>- 1 tablespoon peanut butter</li> </ul>

**Sample Menu #5:**

Your daily serving of food rich in calcium is 25 g of grated cheddar cheese.

Meal	Foods
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- 1 English muffin, whole grain</li> <li>- 1 egg, cooked</li> <li>- ½ cup potato, cooked</li> <li>- 1/2 cup orange juice, <u>not</u> fortified in calcium</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- Salad dish <ul style="list-style-type: none"> <li>o 1 cup Romaine lettuce</li> <li>o 1 tablespoon olive oil</li> <li>o 1 tablespoon balsamic vinegar</li> <li>o ½ cup cucumbers</li> <li>o ½ cup canned tuna, drained</li> <li>o 1 cup couscous</li> </ul> </li> <li>- 1 apple</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>- Pasta dish <ul style="list-style-type: none"> <li>o 1 cup pasta of your choice, cooked</li> <li>o ½ cup of tomato sauce</li> <li>o <b>25 g grated cheddar</b></li> <li>o 75 g (2 ½ oz) chicken, cooked</li> <li>o ½ cup mushrooms, chopped</li> <li>o ½ cup bell peppers, chopped</li> </ul> </li> <li>- 1 tablespoon canola oil to sauté the peppers and mushrooms</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>- ¼ cup (60 ml) mixed unsalted nuts with dried fruits</li> </ul>

**Sample Menu #6:**

Some mixed dishes or prepared foods can also be rich in calcium. In the following menu, your daily serving of food rich in calcium is a slice of cheese pizza from a medium sized pizza.

Meal	Foods
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>- Peanut butter sandwich <ul style="list-style-type: none"> <li>○ 2 slices rye or multigrain bread</li> <li>○ 1 tablespoon peanut butter</li> <li>○ 1 banana, sliced up</li> </ul> </li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- Salmon wrap <ul style="list-style-type: none"> <li>○ 1 pita</li> <li>○ 75 g (2 ½ oz) salmon, cooked</li> <li>○ ½ cup bell pepper, chopped</li> <li>○ ½ cup onion, chopped</li> <li>○ 1 tablespoon olive oil to sauté the bell pepper and onion</li> <li>○ 1 pear</li> </ul> </li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>- <b>1 slice of cheese pizza (1/8 of a medium 12-inch pizza)</b></li> <li>- Salad <ul style="list-style-type: none"> <li>○ 1 cup raw spinach</li> <li>○ ½ cup cherry tomatoes</li> <li>○ 1/3 cup cooked lentils</li> <li>○ 1 teaspoon canola oil</li> </ul> </li> <li>- 1 teaspoon cider vinegar</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>- 10 crackers</li> <li>- 1 tablespoon peanut butter</li> </ul>