

Sample Menus

Dietary Calcium Group

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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 dietary calcium group of the study, will be asked to meet your calcium recommendation from your diet alone. This can be achieved by following a balanced diet which includes 3 servings of foods rich in calcium per day.

We have prepared 4 sample menus to help you achieve your target of 3 servings of foods rich in calcium per day.

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

- 1 cup of milk
- 1 cup of enriched soy beverage
- 35 g of hard cheese
- ¾ cup (175 g) of plain yogurt
- 200 g of tofu prepared with calcium sulfate

Sample Menus

Sample Menu #1:

Your 3 servings of food rich in calcium are 2 cups of milk (2 servings) and ¾ cup (175g) of yogurt (1 serving).

Meal	Foods
Breakfast	<ul style="list-style-type: none"> - 1 ½ cup Mini-Wheats - 1 cup of milk, 1% - ½ cup blueberries
Lunch	<ul style="list-style-type: none"> - 1 tuna salad sandwich: <ul style="list-style-type: none"> o 2 brown toasts o 75 g (½ can) tuna, in water o 2 tablespoons of light mayonnaise o ½ small tomato o 1 small lettuce leaf - 1 cup milk, 1%
Dinner	<ul style="list-style-type: none"> - 1 cup brown rice - 75 g (2 ½ oz) grilled chicken breast - 1 ½ cup stir fried vegetables: <ul style="list-style-type: none"> o ½ cup red peppers o ¼ cup onions o ¼ cup mushrooms o ½ cup broccoli o 1 tablespoon of olive oil - 1 cup orange juice, non-fortified
Snacks	<ul style="list-style-type: none"> - ¾ cup yogurt, plain (0-1% M.F.)

Sample Menu #2:

Your 3 servings of food rich in calcium are 2 cups of milk (2 servings) and 35 g of cheddar cheese (1 serving).

Meal	Foods
Breakfast	<ul style="list-style-type: none"> - 1 ½ cup Cheerios - 1 cup of milk, 1% - 1 medium banana
Lunch	<ul style="list-style-type: none"> - 1 chicken wrap: <ul style="list-style-type: none"> o 1 medium multigrain tortilla o 75 g (2 ½ oz) grilled paprika seasoned chicken o 1 teaspoon of canola oil o ½ small tomato o 1 small lettuce leaf o 35 g grated cheddar cheese - 1 medium apple
Dinner	<ul style="list-style-type: none"> - 1 cup cooked pasta tossed with 1 tablespoon of pesto - 75 g (2 ½ oz) cooked pork chops - 2 cups salad <ul style="list-style-type: none"> o 1 cup of shredded lettuce, romaine o ½ cup diced tomatoes o ½ cup diced cucumbers o 1 teaspoon olive oil o 2 teaspoons balsamic vinegar
Snacks	<ul style="list-style-type: none"> - 1 cup milk, 1%

Sample Menu #3:

Your 3 servings of food rich in calcium are 2 cups of milk (2 servings) and 35 g of Swiss cheese (1 serving).

Meal	Foods
Breakfast	<ul style="list-style-type: none"> - 2 pumpernickel bread slices (medium) - 1 tablespoon peanut butter - 1 cup milk, 1% - 1 medium pear
Lunch	<ul style="list-style-type: none"> - 1 cup tomato soup - 1 turkey submarine sandwich <ul style="list-style-type: none"> o 6" bread o ½ cup chopped lettuce o 3 slices of tomato o 2 slices turkey o 35 g Swiss cheese o 1 tablespoon of light mayonnaise - ½ cup grapes
Dinner	<ul style="list-style-type: none"> - 75 g (2 ½ oz) meatloaf - ½ cup sautéed cauliflower - ½ cup sautéed baby carrots - 1 teaspoon of margarine - ½ cup couscous with parsley - 1 cup milk, 1%

Sample Menu #4 (Vegetarian):

Instead of including dairy as your daily servings of food rich in calcium, this menu includes 2 cups of enriched soy beverage (2 servings) and 200 g of tofu prepared with calcium sulfate (1 serving), which contains the same amount of calcium as 1 cup of milk or a 35 g piece of Swiss cheese.

NOTE: If the brand of tofu you use 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 1 cup of enriched soy beverage, to this menu.

Meal	Foods
Breakfast	<ul style="list-style-type: none"> - 1 multigrain bagel - 1 teaspoon margarine - 1 egg, cooked - 2 slices of tomato - 1 small lettuce leaf - 1 cup soy beverage, enriched, unsweetened
Lunch	<ul style="list-style-type: none"> - Quinoa and Tofu Salad: <ul style="list-style-type: none"> o 1 cup quinoa, cooked o 100g tofu o ¼ cup diced yellow peppers o ¼ cup diced green peppers o ¼ cup diced tomatoes o ¼ cup diced cucumber o 2 tablespoons chopped onion o 1 tablespoon chopped coriander o 1 teaspoon of olive oil o The juice of ½ a lemon
Dinner	<ul style="list-style-type: none"> - Stir fried Tofu <ul style="list-style-type: none"> o 100g tofu o ½ cup red peppers o ½ cup broccoli o 1 tablespoon soya sauce o 1 tablespoon of sugar o 1 teaspoon of cornstarch o 1 tablespoon of vegetable oil - 1 cup white rice - 1 cup soy beverage, enriched, unsweetened
Snacks	<ul style="list-style-type: none"> - ½ cup raspberries - 1 apple

Sample Menu #5:

Your 3 servings of foods rich in calcium are 1 cup of milk, 35 g of grated cheddar cheese, and 1 cup of fruit-flavoured yogurt.

Meal	Foods
Breakfast	<ul style="list-style-type: none"> - 1 English muffin, whole grain - 1 egg, cooked - ½ cup potato, cooked - ½ cup orange juice, <u>not</u> fortified in calcium
Lunch	<ul style="list-style-type: none"> - Salad dish <ul style="list-style-type: none"> ○ 1 cup Romaine lettuce ○ 1 tablespoon olive oil ○ 1 tablespoon balsamic vinegar ○ ½ cup cucumbers ○ 2 tablespoons of mixed nuts ○ 1 cup couscous - 1 cup of milk, 1% - 1 apple
Dinner	<ul style="list-style-type: none"> - Pasta dish <ul style="list-style-type: none"> ○ 1 cup pasta of your choice, cooked ○ ½ cup tomato sauce ○ 35 g grated cheddar ○ 75 g (2 ½ oz) chicken, cooked ○ ½ cup mushrooms, chopped ○ ½ cup bell peppers, chopped - 1 tablespoon canola oil to sauté the peppers and mushrooms
Snack	<ul style="list-style-type: none"> - 1 cup fruit-flavoured yogurt

Sample Menu #6:

In this menu, two of your three daily portions foods rich in calcium include 1 cup of milk or an enriched soy beverage and ¾ cup of plain yogurt. The third portion comes from the ½ cup of asparagus cream soup and 1 slice of cheese pizza, which together provide an amount of calcium equivalent to a cup of milk, or one portion of food rich in calcium.

Meal	Foods
Breakfast	<ul style="list-style-type: none"> - Peanut butter sandwich <ul style="list-style-type: none"> o 2 slices rye or multigrain bread o 1 tablespoon peanut butter o 1 banana, sliced up - 1 cup milk or an enriched soy beverage
Lunch	<ul style="list-style-type: none"> - ½ cup asparagus cream soup prepared with milk - Salmon wrap <ul style="list-style-type: none"> o 1 pita o 75 g (2 ½ oz) salmon, cooked o ½ cup bell pepper, chopped o ¼ cup onion, chopped o 1 tablespoon olive oil to sautee the bell pepper and onion - 1 pear
Dinner	<ul style="list-style-type: none"> - 1 slice of cheese pizza (1/8 of a medium 12-inch pizza) - Salad <ul style="list-style-type: none"> o 1 cup raw spinach o ½ cup cherry tomatoes o 1/3 cup cooked lentils o 1 teaspoon canola oil o 1 teaspoon cider vinegar
Snacks	<ul style="list-style-type: none"> - ¾ cup plain yogurt - ¼ cup dried fruit (ex: figs, dates, apricots)