



5 WAYS TO:

Boost your calcium

WOMEN NEED 800MG CALCIUM DAILY

Dairy delight

Add 2 tbs of skim milk powder to a smoothie. This adds 186mg of calcium to your diet, almost a quarter of your recommended calcium intake.



More to milk

- 1 cup of calcium-enriched milk (not appropriate for children under five years of age) has 529mg of calcium – two-thirds of your recommended daily intake, compared with 1 cup of standard milk which has 299mg.

A little seedy

- Adding 1 tbs of tahini (sesame seed paste) to hummus adds 53mg of calcium to this dip.



Be a nut case

- Adding 10 almonds to your muesli will add 30mg of calcium.



Dem bones

- 1 cup of red salmon mashed with its bones gives 233mg calcium – more than a quarter of your recommended calcium intake.



NIKKI'S SUPERFOOD OF THE WEEK

Carrots

Carrots are high in beta-carotene – a substance from plants that the body converts to Vitamin A that holds antioxidant properties. Carrots now come in a rainbow of colours – not just the standard orange we are all familiar with. Red carrots contain lycopene, the antioxidant found in tomatoes and there are now even purple carrots. In fact, first cultivated in Afghanistan, the original colour of carrots was purple!



Do you need Nikki's help?

Do you have a health-related question to ask Nikki? Write to: Hart to heart, c/- New Idea, CPO Box 1467, Auckland or email: newidea@pacificmags.co.nz