

Plant-based cooking class

CALCIUM



Normal intake of calcium should be about 1000 mg a day. Most people can eat that in a day with 3 meals. However if you only eat 2 meals a day you may want to pay attention to how much calcium you ingest. Vitamin D helps absorb calcium better. We as Canadians that have limited sun exposer should take Vitamin D supplements daily.

Please consult your Dr. or pharmacist if you are taking supplemental calcium as it may interfere with some medications or medical conditions.

Taking supplements:
Timing matters when taking supplements. Check what type of calcium you are taking. You want to find how much **elemental calcium** is in the supplement. Calcium supplements and many prescription drugs do not mix well. Calcium may decrease their effectiveness. Calcium may also affect how the body takes in the nutrients iron, zinc, and magnesium.

Calcium carbonate - 40% elemental calcium (easily absorbed) take with food.
Calcium Aquamin - 32% elemental calcium (pills or liquid formula)
Calcium citrate - 21% elemental calcium (most easily absorbed) take with or without food.
Calcium gluconate - 9% elemental calcium

Risks:
If calcium intake is low for extended periods of time your body automatically steals calcium from your bones to support your muscles. Muscles have the priority. This causes an increased risk of osteopenia or osteoporosis.

Some foods rich in calcium:

Almond, soy or rice milk	8 oz	300 mg
Orange juice	8 oz	300 mg
Oatmeal	Small bowl	140 mg
Bok Choy	1 cup	160 mg
Broccoli	1 cup	60 mg
Figs/dates	2	30 mg
Orange	1	55 mg
Tofu	3/4 cup	325 mg
Chickpeas	1 1/2 cups	315 mg
Rhubarb	1 cup	348 mg
Bread (whole grain)	2 slices	75 mg
Peppers	1	10 mg



References: Mayo Clinic, Cleveland Clinic

Kale and Beet Salad

- 4 medium beets, cooked, peeled and diced
- 4-5 cups loosely packed kale leaves, torn
- ½ chopped walnuts
- 2 cloves garlic, chopped
- 3 Tbsp olive oil
- Sea salt to taste

Tear the kale leaves from stems and chop the leaves into small pieces.
Place the torn leaves into a large bowl and massage with your hands for 2 to 3 minutes. This helps to break the fibres and soften the kale. The kale will become bright green. Add the walnuts, garlic, and olive oil and toss to combine. Add the diced beets to the kale, season with salt, and mix.

Pumpkin Protein Chia Pudding

- 1 cup plain pumpkin puree
- 1 cup silken tofu, drained *
- 1/2 cup chia seeds **
- 1/3 cup maple syrup or to taste
- 2 cup non-dairy milk – recommend almond milk to boost calcium
- 1.5 teaspoon pumpkin spice blend
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 2 cups plant-based yogurt – optional
- 2 cups granola - optional

1. Mix chia seeds and almond milk. Stir well. Let mixture sit for 5-10 min then give a second stir to break up any clumps and allow seeds to hydrate evenly. Cover the container and refrigerate for at least 2 hrs or overnight. Place pumpkin, tofu, chia seed mixture, maple syrup, pumpkin spices, vanilla and sea salt into blender and puree for 60 sec or until smooth. Taste and adjust seasoning and sweetness.
Note: Spice will enhance after setting for a bit in hydration process.
2. Refrigerate for 30 min. To serve, top with granola, nuts or make into a parfait layering with plant-based vanilla yogurt.
3. Chill up to 5 days.
***** Tofu is made by curdling soya milk using a coagulant. If it is set with calcium sulfate, it contains a high amount of calcium. Tofu made without calcium coagulant often is much lower. Check labels.
** Chia seeds are the richest plant source of omega -3 fatty acids. They are a complete protein, containing all 9 essential amino acids that cannot be made by the body. 2 Tbsp of chia seeds contain about 179mg of calcium (Harvard Health Publishing) Chia seeds come in black and white varieties, but there is no difference in nutritional content

Calcium Rich Stir Fry

- 2 tablespoons oil (or water)
- 3 small Boy Choy
- 1 onion
- 2 carrots
- 1 large head of broccoli
- 2 peppers (any colour)
- 2 small zucchini

1 block firm tofu

Sauce:

- 1/2 cup vegetable broth
- 1/3 cup soya sauce
- 2 tsp vegetable oil
- 1 tablespoons honey
- 1/2 tsp powdered ginger
- 1 tsp garlic powder
- 1 tablespoon cornstarch
- 1/3 cup sweet child sauce or more to taste.

Chop and fry the carrots for a few minutes then add other vegetables. Stir frequently till veggies are slightly tender. Slice the tofu into cubes and combine with vegetables until heated through. Combine all sauce ingredients and simmer in small pot till sauce thickens. Toss sauce into vegetable tofu mix. Serve over brown rice or noodles.