



# Strawberry Cheesecake Ice Cream

SERVING: 1 / 2 CUP  
YIELD: 5

PREP TIME: 15 MINS  
TOTAL TIME: 3 HOURS

## Ingredients

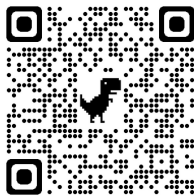
- 1 pkg (16oz) 4% Milkfat Cottage Cheese, Small Curd
- 3 medium Strawberries
- 1/4 cup Maple Syrup
- 3 full sheet Graham Crackers, crushed
- 2 medium Strawberries, diced small

## Directions

1. Blend together the cottage cheese, strawberries and maple syrup until creamy.
2. Mix in the graham crackers and diced strawberries.
3. Transfer into a glass container, cover and freeze for 3-4 hours stirring every hour to break up icy spots; Enjoy!
4. Note: If left in the freezer longer it may become too hard so 3-4 hours is sweet spot!

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>1/2 cup (0.0g)</b>
Amount Per Serving	
Calories	180
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 16g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0.5mg	2%
Potassium 220mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

\*Cost information includes lower cost ingredients found at local grocery store 06/02/23.



Cost Per Recipe	Cost Per Serving
\$4.43	\$0.89

# Healthy Bones

Building and keeping strong, healthy bones continues throughout your life. Bones have many important roles in the body. They support your body, protect organs, help muscles work, and store calcium.

## What can I do to keep my bones strong and healthy?

**Get enough calcium and vitamin D every day.** Both of these nutrients help build strong, healthy bones.

**Eat a variety of healthy foods every day, including vegetables and fruit.**



### Be active every day.

- Adults: Aim for at least 150 minutes of activity each week
- Children: Aim for at least 60 minutes of activity each day

**Do activities to strengthen your muscles and bones at least 2-3 days each week.** This includes walking, running, jumping rope, lifting weights, climbing stairs, dancing, tennis, squats, and push ups.

To learn more about being active, visit [HealthyCanadians.gc.ca](https://HealthyCanadians.gc.ca) and search 'get active tip sheets'.

## Calcium

### How much calcium do I need each day?

Age	Calcium (mg)
4–8 years	1000
9–18 years	1300
19–50 years	1000
51–70 years: Men	1000
Women	1200
70+ years	1200

(mg = milligrams)

### Try to meet your calcium needs by eating calcium-rich foods first

- Choose food sources of calcium from the list on the next page.
- Read labels. Choose foods with 15% or more Daily Value for calcium. Look for the words “fortified” or “added calcium.”
- Aim for 2–4 servings of milk and fortified alternatives daily.
- Fortified plant-based beverages (such as soy, almond, and rice beverages) are also sources of calcium. Look for the word “fortified” or “enriched” on the label. Soy beverages contain more protein than many other plant-based beverages.
- Add skim milk powder to food or drinks.
- Vegetables such as spinach, chard, broccoli, and beet or turnip greens contain some calcium. The calcium from vegetables is not as well absorbed as calcium from milk products. Vegetables contain compounds that lower how much calcium your body absorbs.



## Food sources of calcium

(mg = milligrams)



Best Sources: About 300 mg or more	
Milk, lactose-reduced milk, buttermilk, and goat's milk	1 cup (250 mL)
Fortified soy beverage or other fortified plant-based beverage such as almond, rice, or cashew	1 cup (250 mL)
Hard cheese (cheddar, Gouda, mozzarella, or Swiss)	1 ½ oz (50 g)
Plain yogurt	¾ cup (175 mL)
Ricotta cheese	½ cup (125 mL)
Skim milk powder	⅓ cup (75 mL)
Tofu made with calcium	¾ cup (150 g)
Good Sources: About 200 mg	
Flavoured yogurt	¾ cup (175 mL)
Camembert or feta cheese	1 ½ oz (50 g)
Parmesan cheese	½ oz (15 g)
Pudding made with milk	½ cup (125 mL)
Salmon or sardines, cooked or canned with bones	2 ½ oz (75 g)
Soup made with milk	1 cup (250 mL)
Blackstrap molasses	1 Tbsp (15 mL)
Sources: About 100 mg	
Almonds, Brazil nuts	¼ cup (60 mL)
Almond butter	2 Tbsp (30 mL)
Bok choy, collard greens, or turnip greens, cooked	½ cup (125 mL)
Calcium-fortified orange juice	½ cup (125 mL)
Chia seeds	2 Tbsp (30 mL)
Cottage cheese	¾ cup (175 mL)
Seaweed	1 cup (250 mL)
Sesame butter (tahini)	2 Tbsp (30 mL)
White beans, navy beans, or soybeans, cooked	¾ cup (175 mL)

Nutrient amounts from Canadian Nutrient File, 2015.

## Calcium Supplements

If you have not met your calcium needs with food, take a supplement for the balance.



- Look for the amount of **elemental** calcium on the label. This is how much calcium is in the supplement.
- Take a calcium supplement in a dose of 500 mg or less at one time. This will help you absorb more calcium. You may need to take the supplement 2 or more times in a day. For example, take one pill in the morning and one at night.
- Be sure not to take more calcium than you need.
- Calcium carbonate and calcium citrate are supplements that are well absorbed by your body.
- Most calcium supplements come in pills or chewable tablets. Some have vitamin D added to them; count this as part of your daily vitamin D intake.