

# Food and Calcium

## Southeast Asian-American Foods

### Sample Meal Plans

#### Day One

##### *Breakfast*

1 cup white rice  
 Lemon grass broth  
 1 cup boiled mustard greens  
 1 tsp. fish sauce  
 Coffee with 1/4 cup sweetened  
 condensed milk  
 1 cup orange juice

##### *Lunch*

1 cup white rice  
 3 spring rolls (3 oz. shrimp, 1 cup  
 mustard greens)  
 1/2 cup stir-fried calcium-sulfate  
 processed tofu with 1 cup  
 cellophane noodles and 1/2 cup  
 Chinese broccoli  
 1 mango

##### *Dinner*

1 cup white rice  
 4 oz. lean beef boiled with 2 cups  
 spinach  
 1 cup broth from beef dish  
 1 Asian pear

##### *Meal Analysis*

Calories	1,900
Calcium	1,200 mg
Protein	100 mg
Fat	50 g
Carbohydrates	350 g
Cholesterol	200 mg
Sodium	2,450 mg
Dietary fiber	35 mg

#### Day Two

##### *Breakfast*

1 cup white rice  
 4 oz. tofu  
 1 cup broth  
 1 cup Chinese broccoli  
 1 cup orange juice

##### *Lunch*

1 cup white rice  
 3 oz. chicken stir-fried with 1/2 tsp  
 vegetable oil with 1/2 cup calcium-  
 sulfate processed tofu and 1 cup  
 bok choy  
 1 medium orange  
 1 cup apple juice

##### *Dinner*

1 cup white rice  
 4 oz. boiled pork with 2 cups mustard  
 greens  
 1 cup broth from pork-greens dish  
 1 banana

##### *Meal Analysis*

Calories	1,850
Calcium	1,540 mg
Protein	100 g
Fat	50 g
Carbohydrate	245 g
Cholesterol	190 mg
Sodium	2,110 mg
Dietary fiber	19 g