BITE OF HOPE
NEWSLETTER





Editorial Message

At Bite of HOPE, we believe that nutrition is one of the most powerful tools for building long-term health. This month, we want to focus on an essential mineral that is often associated only with bones, but in reality impacts much more than that: ***calcium***.

Calcium is not only key to maintaining strong bones and teeth, but it also plays an important role in muscle function, nerve transmission, and heart health. Even so, many people do not consume the amount they need in their daily diet.

This month, we invite you to discover simple, delicious, and accessible ways to incorporate more calcium-rich foods into your meals—without overcomplicating your cooking or completely changing your eating habits.

Small, consistent changes can strengthen your health from the inside out.

With care,

The Bite of HOPE Team

Calcium: Much More Than Strong Bones

Calcium is the most abundant mineral in the human body and plays essential roles in everyday health. Although most of it is stored in bones and teeth, it is also critical for muscle contraction, blood clotting, and communication between nerve cells.

When the diet does not provide enough calcium, the body "borrows" it from the bones, which over time can increase the risk of osteoporosis and bone weakness.

Main sources of calcium include dairy products, but also many plant-based foods such as leafy greens, seeds, legumes, and fortified foods.

Key Calcium Tips:

• Consistency matters: Calcium works best when consumed regularly rather than in large amounts occasionally.

• Vitamin D is essential: It helps the body absorb calcium efficiently.

• It's not just dairy: There are many accessible and nutritious plant-based and fortified sources of calcium.

Adequate calcium intake is associated with stronger bones, better muscle function, and healthier aging.



The Balance of Calcium in Our Health









Calcium is essential from childhood through older adulthood. During periods of growth, pregnancy, and aging, its importance increases significantly.

However, it is not just about consuming more calcium—it is about achieving the right balance with other nutrients such as magnesium, phosphorus, and vitamin D, which work together to support bone health.

In today's eating patterns, many people do not meet the recommended daily calcium intake, making it important to find simple and practical ways to include it in everyday meals.

Calcium Sources and Nutrition Recommendations

Calcium needs vary by age, but in general:

- **Adults**: around **1,000 mg per day**
- **Women over 50 and older adults**: up to **1,200 mg per day**

Calcium can be found in:

- **Dairy products**: milk, yogurt, cheese
- **Green vegetables**: kale, broccoli, bok choy
- **Legumes**: beans, chickpeas
- **Seeds**: sesame (tahini), chia
- **Fortified foods**: plant-based milks, cereals

A varied diet can fully meet calcium needs without relying solely on dairy products.










This Month at Bite of HOPE

We want to help you strengthen your bone and overall health with practical and realistic strategies:

- ***Include calcium in every meal***: You do not need major changes—just consistency.
- ***Pair it with Vitamin D***: Sun exposure and foods such as eggs and fish help improve calcium absorption.
- ***Explore plant-based sources***: Green vegetables, legumes, seeds, and nuts are excellent options.
- ***Cook with fortified ingredients***: An easy way to increase daily calcium intake without changing the flavor of your favorite recipes.



Food of the Month: Sesame



Sesame is one of the richest plant-based sources of calcium and an ingredient widely used in cuisines around the world.

In addition to its high calcium content, sesame provides healthy fats, antioxidants, and minerals such as magnesium and zinc. It can be used in breads, dressings, sauces (such as tahini), salads, or as a topping for many dishes.

It is a simple, affordable, and versatile way to increase calcium intake without depending on dairy products.

Where Is Calcium Hiding?

Although we may not always think about it, calcium is found in many everyday foods:



- Fortified plant-based milks
- Yogurt and cheese
- Calcium-enriched tofu
- Leafy green vegetables
- Beans and lentils
- Seeds and nuts

Reading labels matters too:

Look for the following on the Nutrition Facts label:

- Calcium (mg)
- % Daily Value (DV)













Easy Ways to Increase Calcium Intake

Small changes can make a big difference:

- Add yogurt to breakfasts or snacks
- Use milk or fortified plant-based beverages
- Include seeds in salads and smoothies
- Add leafy greens to soups and stir-fries
- Use tahini in dressings and dips

The goal is not to eat completely differently—it is to build healthier versions of the meals you already enjoy.



Recipe of the Month

Roasted Broccoli with Creamy Tahini-Yogurt Sauce



INGREDIENTS

- 1 pounds broccoli, cut into florets
- 8 tablespoons plain Greek yogurt
- 1 tablespoons tahini
- 4 tablespoons grated parmesan cheese
- 1 tablespoons olive oil
- 1 pinch salt and black pepper

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PREPARATION

1.Line a large baking sheet with parchment paper or lightly grease it to prevent sticking.

2. Toss broccoli, cut into florets with olive oil, salt and black pepper. Spread on a baking sheet and roast at 400°F for 20-22m, until golden and crispy. Spread in a single layer on the prepared baking sheet, making sure florets are not overlapping.

3. Whisk plain Greek yogurt and tahini together until smooth. Season to taste. If using, stir in fresh lemon juice (optional) for brightness. The sauce should be creamy but pourable — add 1-2 teaspoons of water if it's too thick.

4. Transfer the roasted broccoli to a serving plate. Drizzle the tahini-yogurt sauce generously over the top. Finish with a generous sprinkle of grated parmesan cheese. Serve immediately while warm.

Make it your own:

Swap parmesan for nutritional yeast. Add a pinch of red pepper flakes for heat. A drizzle of honey over the finished dish balances the tang beautifully.

Final Message

Calcium is not just a nutrient for bones.

It is a quiet pillar of our everyday health.

Learning to incorporate it consistently into your diet is an investment in long-term well-being.



Upcoming Talk – August

Eat the Rainbow

Learn how to improve your health by incorporating a variety of colorful fruits and vegetables into your daily meals to increase your intake of vitamins, minerals, and antioxidants that support overall well-being.

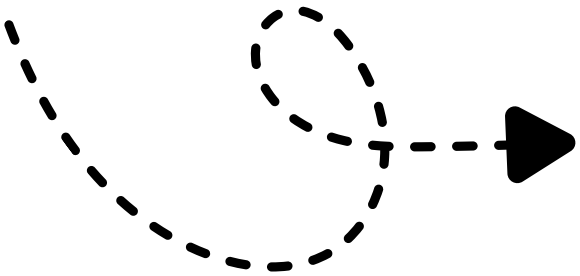
We hope to see you there!



Bite of HOPE Community

If you would like to dive deeper into these topics and become part of a community focused on health and wellness, we invite you to join our Bite of HOPE group! Participate in our monthly meetings to stay updated on our activities and gain access to the educational materials we actively create.

Scan this QR Code using the camera to join this group!



WhatsApp

Conciencia Nutricional 2026

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Connect with us!

Want to learn how to make nutritious and flavorful meals? Discover our programs and become part of the Bite of HOPE community:

🌐 Website https://abiteofhope.org/
📸 Instagram @abiteofhope
📞 Contact 713-773-0803 ext: 1140 o 1187

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