

Nutrition

Bites

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Community Nutrition Newsletter

By Sonia Hernandez, RD

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This recipe provides protein, Calcium, Mg, Potassium, niacin, selenium, Phosphorous, Vitamin B 12 and Fibre. Excellent for breakfast, snack or dessert.

Newsletter Content is adapted from the following resources:
- Dietitians of Canada

<https://lpi.oregonstate.edu/mic/minerals/calcium>

<https://www.osteoporosis.foundation/patients/prevention/calcium>

<https://osteoporosis.ca/calcium/>

-Dairy Farmers of Canada
-Toronto Public Health
<https://canadianfoodfocus.org/food/types-of-canadian-yogurt-greek-skyr-drinkable-kefir-and-more/>

<https://bcdairy.ca/your-guide-to-the-yogurt-aisle/>

<https://www.diabetescarecommunity.ca/diet-and-fitness-articles/best-canadian-yogurts-for-people-with-diabetes/>

Let's talk about Calcium

Calcium is a mineral, a chemical element, one of the alkaline-earth metals of Group 2 (IIa) of the periodic table. It is the most abundant metallic element in the human body and the fifth most abundant element in Earth.

Calcium is one of the building blocks of our bones. It helps to build and maintain bone strength. It also helps muscles contract so we can move our body, helps the heart stay on rhythm to keep a regular heartbeat and helps support nerve function. About 99% of the body's calcium is stored in bones, and the remaining 1% is found in blood, muscle, and other tissues.

We can find calcium mainly in milk, yogurt, cheese, kefir, fortified plant based beverages, beans, tofu, nuts, fish, and leafy green vegetables. Calcium works along other nutrients, such as protein and vitamin D.

There are certain Calcium absorption blockers, for example caffeine, alcohol, smoking, and foods that contain oxalates such as spinach, sweet potatoes, rhubarb and beans. However, it does not mean that we should avoid those foods if you are meeting your Calcium needs.

Good Calcium intake throughout your life can help to prevent osteoporosis. Osteoporosis is a disease that slowly, quietly weakens bones. Osteoporosis is caused by low bone mass and the weakening of bone, which can lead to increased risk of fracture.

If you have milk allergies, severe lactose intolerance, or do not use milk or any dairy products, you may need a calcium supplement. If you have high calcium needs and small appetite, you may need to consider a combination of supplement and calcium rich foods.

Recipe: Breakfast Sticky Date Chia Pudding

Makes: 2 servings

Ingredients: 1 ½ cups (325 mL) vanilla Greek-style Canadian yogurt, divided -2 tbsp (30 mL) smooth peanut butter- ½ cup (75 mL) Canadian whole milk - 6 pitted Medjool dates-1 tsp (5 mL) vanilla extract - 2 tsp (10 mL) ground cinnamon - 3 tbsp (45 mL) chia seeds - Chopped fresh fruit, for serving

Directions:

1. In small bowl, stir together ½ cup (75 mL) vanilla yogurt and peanut butter. Cover and refrigerate until ready to use.
2. To a blender, transfer remaining 1 cup (250 mL) vanilla yogurt, milk, dates, vanilla and cinnamon. Blend on medium speed until smooth and fully incorporated.
3. Add chia seeds and whisk until combined.
4. Transfer mixture to ramekins or individual serving dishes and refrigerate, covered, for at least 4 hours or up to overnight.
5. Top with peanut butter mixture and serve chilled with fresh fruit.

Retrieved from: <https://dairyfarmersofcanada.ca/index%20php/en/canadian-goodness/recipes/breakfast-sticky-date-chia-pudding>

All about yogurt

Yogurt is a food produced by bacterial fermentation of milk. The process starts when fresh milk or cream is fermented using two different lactic bacteria starters or "cultures:" *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

The bacteria are added to heated, pasteurized, homogenized milk. The bacterial culture is mixed in, and a warm temperature of 30–45 °C (86–113 °F) is maintained for 4 to 12 hours to allow fermentation to occur, with the higher temperatures working faster but risking a lumpy texture or whey separation. These bacteria convert the lactose (milk sugar) to lactic acid, which thickens the milk and gives it the tangy taste characteristic of yogurt.

The most common types of yogurt are:

Swiss-style or stirred yogurt: This is the traditional type made by fermenting milk in a large tank, then cooling it down and stirring it for a creamy texture. It can be plain or flavoured. Other ingredients, such as fruit purees, may be stirred into the yogurt for added flavour.

Balkan-style or set-style yogurt: offers a thicker, firmer texture. Instead of fermenting it in a large tank and stirring it afterward, the yogurt is cultured directly in the container.

Greek-style or Greek yogurt: is a thick, creamy yogurt that has been strained to remove some of the liquid whey after fermentation. This straining step concentrates the milk solids, which is why Greek yogurt typically has more protein per serving than many regular stirred yogurts and a dense, satisfying texture recipes.

Skyr: an Icelandic-style cultured dairy product, tastes milder and less tangy. Because more milk goes into a smaller finished volume, skyr develops a dense and satisfying texture.

Drinkable yogurt gives you yogurt in a pourable form. It is fermented like other yogurts but formulated to have a thinner texture

DID YOU KNOW...? FACTS?

The calcium in some foods such as sesame seeds, rhubarb, Swiss chard and spinach is not well absorbed due to their oxalate content. Oxalates bind calcium prohibiting calcium absorption.

Eating yogurt as part of a healthy, well-balanced diet is associated with a lower risk of hypertension, diabetes and heart disease. Certain strains of probiotics in yogurt are also associated with improved digestive health and gut function.

Call and book your appointment to see a Dietitian/Nutritionist today!

We cover a wide range of conditions including: Healthy Eating – Cholesterol – Low Iron – Weight Loss/Gain – Celiac Disease – Kidney Stones – Picky Eaters – Sports Nutrition – Vegetarianism – Osteoporosis and more.....

You don't need to have a Doctor's referral !

Rexdale Community Health Centre
15-21 Panorama court, Toronto ON M9V 4E3
Tel: (416) 744-0066
Fax: (647) 288-0284, www.rexdalechc.com

Common Types of Canadian Yogurt



You will also find:

- Light
- Low-fat
- Sugar-free
- No sugar added
- Fat-free
- Lactose-free
- Organic
- Probiotic
- Prebiotic versions

Retrieved from:

<https://canadianfoodfocus.org/Types-Of-Canadian-Yogurt-Greek-Skyr-Drinkable>

Upcoming Program and Events

Weekly in person
Prenatal Nutrition Program
Tuesday at 10 a.m.

At 222 Dixon
Wednesday at 10 a.m. and Thursday
at 10 a.m. At 21 Panorama Crt

Monthly Spanish Senior group
teleconference