



The Calcium Cookbook

Joanne Ness, Genell Subak-Sharpe

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Osteoporosis, the brittle-bone disease, was long considered one of the inevitable curses of aging. Many of us have watched our grandmothers and mothers gradually become more stooped, more prone to bone fractures.

Medical evidence indicates that osteoporosis may be prevented if we increase our calcium intake beginning in our late twenties, and prevention is still possible even if we do not start increasing our calcium intake until our forties.

For calcium to work most effectively against bone loss it must be taken in specific proportion to other kinds of foods—something a simple calcium supplement does nothing to ensure. *The Calcium Cookbook* shows us how to do just that—in two hundred delicious ways. It offers recipes that provide the calcium and other nutrients essential for prolonged well-being, without depending on high-calorie or high-cholesterol foods. Each recipe is carefully designed to maximize the absorption of calcium.

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