

## Division of Community Nutrition

<i>Subject:</i> <b>Calcium Fortified Juice</b>		<i>Policy:</i> <b>FDS 02.3.4</b>
<i>Reference:</i> <b>N / A</b>	<i>Effective:</i> <b>August 12, 2013</b>	<i>Supersedes:</i> <b>October 1, 2009</b>

### **I. Policy:**

Encourage calcium added juice for individuals who dislike, have an allergy or are intolerant to regular cow's milk. Calcium added juice is not authorized for children less than one year of age as it can cause an imbalance of the phosphorus: calcium ratio.

### **II. Procedure(s):**

- A. Assess the amount of calcium the participant usually consumes on a daily basis.
- B. Educate participant on alternative methods to include dairy products or other calcium rich sources in their diet such as lactose-reduced milk, cheese, yogurt, canned fish with bones, dark green leafy vegetables and calcium fortified juice.
- C. Determine the amount of juice and customize the food package prescription in accordance with FDS 02.2.