

# Calcium



## Why do I need calcium?

Calcium helps keep your bones and teeth strong. It also helps your heart work well and your muscles contract. Calcium also might help control your weight.

## How much calcium do I need?

Age	Calcium
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1300 mg

## Where is calcium?

Food	Serving size	Calcium (mg)*
Lowfat milk	8 ounces	300
Lowfat yogurt	6-8 ounces	300 - 400
Cheese pizza	$\frac{1}{4}$ of 14" pizza	360
Pudding with lowfat milk	1 cup	260
Lowfat cheese	1 ounce	200 - 275
Mozzarella string cheese	1 stick	210
Frozen yogurt, ice cream	$\frac{1}{2}$ cup	110, 90
Orange	1 medium	50
Collards, Broccoli	$\frac{1}{2}$ cup steamed	130, 50
Oatmeal	$\frac{1}{2}$ cup	160
Almonds	$\frac{1}{2}$ cup	150

\*Average of all brands. Refer to the food label for most accurate calcium information

## Calcium Fortified Foods and Supplements

There are a number of foods that have calcium added to them including orange juice, bread, and cereal. You can use the label to help you figure out how much calcium is in a food. Of course we want you to get your calcium from food, but if you can't, there are many calcium supplements that can be used.

## Ways to get more calcium

- ❖ Sprinkle almonds on your yogurt, oatmeal, and ice cream.
- ❖ Add cheese to your sandwiches, salads, or vegetable dishes.
- ❖ Grab a mozzarella string cheese and an apple for a quick snack.
- ❖ Pour pudding into ice cube trays, add a popsicle stick and freeze for a cool summer treat.
- ❖ Remember the '5-3-2-1- *Almost NONE*' message to limit sugar-sweetened beverages to *Almost NONE* and replace them with lowfat milk, lowfat soy milk, or 4-6 ounces of calcium fortified 100% fruit juices.

## Reading a Nutrition Facts Label for Calcium

Nutrition Facts: Skim Milk	
Serving Size 1 cup (236 ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80    Calories From Fat 0	
% Daily Value	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 20 mg	5%
Sodium 120 mg	5%
Total Carbohydrate 11 g	4%
Fiber 0 g	0%
Sugars 11 g	
Protein 9 g	
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	0%
Vitamin D	25%
*Percent Daily Values are based on a 2000 calories diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories:    2000    2500
Total Fat	Less Than 65 g    80 g
Sat Fat	Less Than 20 g    25 g
Cholesterol	Less Than 300 mg    300 mg
Sodium	Less Than 2400 mg    2400 mg
Total Carbohydrate	300 g    375 g
Fiber	25 g    30 g

To figure out the amount of calcium simply drop the % and add a zero. In this example using skim milk, an 8 oz serving gives you 300 mg of calcium- That's 25-30% of the calcium you need for the whole day!

### *Examples of food sources to meet calcium needs for one day*

Age group	Daily calcium needs	Examples of food sources	Amount of calcium
1-3 years	500 mg	1 cup lowfat milk	300 mg
		$\frac{3}{4}$ cup lowfat yogurt	<u>200 mg</u>
			<b>500 mg</b>
4-8 years	800 mg	1 cup lowfat milk	300 mg
		1 mozzarella cheese stick	210 mg
		$\frac{1}{2}$ cup pudding with lowfat milk	130 mg
		$\frac{1}{2}$ cup oatmeal	<u>160 mg</u>
			<b>800 mg</b>
9-18 years	1300 mg	1 cup lowfat milk	300 mg
		1 cup lowfat yogurt	350 mg
		1 mozzarella cheese stick	210 mg
		$\frac{1}{2}$ cup oatmeal or 1 cup calcium-fortified cereal	160 mg
		Sandwich with 1 ounce lowfat cheese	200 mg
		$\frac{1}{2}$ cup steamed broccoli	<u>50 mg</u>
			<b>1270 mg</b>

