

## In Your Hands

### Calcium—Are You Getting What You Need?

Got calcium? For many the answer is “not enough.” The human body has 206 bones. Calcium is crucial to make sure those bones are strong and healthy. Millions of Americans are at risk to develop osteoporosis, or low bone density, which can lead to an increased risk of bone fractures and a “stooped” posture as we get older. What about those pearly whites? Calcium helps you maintain a healthy smile. Calcium also helps our bodies’ nerves transmit signals, muscles contract, and blood to clot. Quite the multi-tasking mineral!

#### How much calcium do I need per day?

Children ages 1 - 3	500 mg
Children ages 4 - 8	800 mg
Youth ages 9 - 18	1300 mg
Adults ages 19 - 50	1000 mg
Adults over 50	1200 mg
Pregnant/nursing	1200 - 1500 mg



#### What foods are good sources of calcium? The choices might surprise you!

- Dairy products such as milk, cheese and yogurt
- Soybeans and calcium-enriched soy products such as soy milk and tofu
- Dark leafy greens such as spinach, kale, turnip, beet, and collard greens
- Canned fish with edible bones such as salmon and sardines
- Calcium-enriched cereals, breads and fruit juices
- Nuts and beans such as almonds, sesame seeds, pinto and white beans

#### How can my family get more?

- Use dark leafy greens in your soups, casseroles, sauces, even smoothies!
- Add beans to chili, soups, salads and pasta.
- Try nuts and sesame seeds in yogurt, cereal and salads.
- Sprinkle shredded cheese on your eggs, baked potatoes and salads.
- Use low or fat free milk with oatmeal, hot cereals, cocoa mix and soup instead of water.
- Switch plain yogurt for sour cream and ricotta cheese for cream cheese.
- Be a healthy role model for your kids. They'll eat what you eat!



*Calcium supplements are available, but it is still best to get your nutrients mainly from food. Too much calcium can have negative health effects, so check with your doctor first.*

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#### CULTIVATING HEALTHY COMMUNITIES

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# Are you getting enough calcium?

Circle foods eaten within the last 24 hours. Determine how many cups/servings you had and write it in the "Number of Cups" column. Multiply by the number of milligrams (mg) and write in the "Total mg" column. Add them up for the "Grand Total." This is an estimate of your daily calcium intake.

Foods/serving sizes	Number of Cups/servings		Total mg
Milk (8 oz)	-----	x 300 mg	= -----
Plain or vanilla yogurt (8 oz )	-----	x 415 mg	= -----
Fruit-flavored yogurt (8 oz)	-----	x 365 mg	= -----
Hot cocoa, calcium-fortified (1 packet)	-----	x 300 mg	= -----
Swiss cheese (1 oz)	-----	x 270 mg	= -----
American cheese (.75 oz) - (prepared slice)	-----	x 173 mg	= -----
Mozzarella cheese (1 oz) - (cheese sticks)	-----	x 200 mg	= -----
Cheddar cheese (1 oz)	-----	x 200 mg	= -----
Parmesan cheese (1 tablespoon)	-----	x 70 mg	= -----
Ice cream (1/2 cup)	-----	x 80 mg	= -----
Cottage cheese (1/2 cup)	-----	x 70 mg	= -----
Soy milk with added calcium (8 oz)	-----	x 300 mg	= -----
Tofu made with calcium (1/2 cup)	-----	x 205 mg	= -----
Canned sardines with bones (3 oz)	-----	x 325 mg	= -----
Canned salmon with bones (3 oz)	-----	x 180 mg	= -----
Acorn squash, cooked (1 cup)	-----	x 90 mg	= -----
Beet greens, cooked (1 cup)	-----	x 165 mg	= -----
Broccoli, cooked (1 cup)	-----	x 70 mg	= -----
Kale, chopped, cooked or raw (1 cup)	-----	x 100 mg	= -----
Spinach, raw (1 cup)	-----	x 30 mg	= -----
Spinach, cooked (1 cup)	-----	x 245 mg	= -----
Orange juice with added calcium (1 cup)	-----	x 300 mg	= -----
Pinto beans, cooked (1 cup)	-----	x 75 mg	= -----
White beans, cooked (1 cup)	-----	x 140 mg	= -----
Breakfast cereals, fortified (1 cup)	-----	x 100 mg	= -----
Instant oatmeal (1 packet)	-----	x 100 mg	= -----
Almonds, whole (1 oz)	-----	x 80 mg	= -----
Soup made with milk (1 cup)	-----	x 165 mg	= -----
		<b>Grand Total</b>	= -----

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