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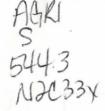
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HOW MUCH CALCIUM ARE YOU EATING?



INIVERSITY OF NEBR.

Harriet Kohn Extension Specialist Food and Nutrition

JUN 17 1988

CALCIUM HELPS:

HEART, NERVES AND MUSCLES TO WORK RIGHT BLOOD TO CLOT

BUILD TEETH AND BONES AND KEEP THEM STRONG

HOW MUCH CALCIUM DO YOU NEED EACH DAY?

EVERYONE NEEDS THE SAME NUTRIENTS BUT IN DIFFERENT AMOUNTS.

45% CHILDREN 0 - 6 MONTHS TEENAGERS 11 - 18 YEARS 150% (1200 mg) (360 mg) 70% 6 MONTHS - 1 YEAR (540 mg) ADULTS 19 YEARS AND OVER 100% (800 mg) (1200 ma) 1 - 10 YEARS 100% EXPECTANT & NURSING MOTHERS 150% (800 mg)

Note: In this chart 100% is equal to the N.R.C. 1973 Recommended Daily Dietary Allowances for women 23 - 50 years; other percentages are in relation to it.

To CHECK-UP ON THE CALCIUM YOU ARE EATING, FOLLOW THESE STEPS:

- 1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY. (IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
- 2. CHECK TO SEE WHICH FOODS YOU ATE ARE ON THE LIST ON THE OTHER SIDE OF THIS SHEET. THEN WRITE DOWN THE PERCENT OF YOUR DAILY CALCIUM NEEDS PRESENT IN THE FOODS YOU ATE. ADD UP THE PERCENTAGES. COMPARE WITH THE PERCENT YOU NEED (SEE CHART ABOVE).
- 3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO MEET YOUR CALCIUM NEEDS, OR PLAN FOR TOMORROW IF YOU PREFER.

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(OVER)

CALCIUM IN FOODS--PERCENT OF DAILY NEEDS

35% FACH

240-320 mg

BUTTERMILK 1 CUP

EVAPORATED MILK 1/2 CUP

NONFAT DRY MILK SOLIDS 1/3 CUP

SKIM OR 2% MILK 1 CUP

WHOLE MILK 1 CUP

YOGHURT 1 CUP

CHEESE, SUCH AS AMERICAN, SWISS, OR

Process cheese food 1 1/4 oz.

20% EACH

130-190 mg

CREAMED SOUPS 1 CUP

PUDDINGS OR CUSTARDS

SALMON, CANNED WITH BONES

*LEAFY VEGETABLES, COOKED 2/3 CUP INCLUDING COLLARDS, DANDELION,

KALE, MUSTARD, AND TURNIP GREENS

10% EACH

68-92 mg

COTTAGE CHEESE

1/2 CUP Broccoli

ICE CREAM OR ICE MILK 1/2 CUP

5% Each 34-46 ma

BREAD, ENRICHED WHITE, WHOLE WHEAT

OR RYE 2 SLICES

QUICK FREADS, MADE WITH MILK, SUCH

AS BISCUITS, WAFFLES, OR

CORNBREAD 1 MED, PIECE

PEANUTS 1/3 CUP

PEANUT BUTTER 1/4 CUP

BEANS, DRIED, COOKED 1/2 CUP

BEANS, GREEN, COOKED 1/2 CUP

CABBAGE, COOKED 1/2 CUP OR RAW 1 CUP

CARROTS 3/4 CUP

ORANGE 1 SMALL

PARSNIPS 1/2 CUP

SAUERKRAUT 1/2 CUP

SQUASH 3/4 CUP

SWEET POTATO 1 MED.

^{*}This does not include spinach, beet greens or chard (also rhubarb), since the calcium in them cannot be used by the body.