6-1974

CC262 How Much Calcuim are You Eating?

Harriet Kohn

Follow this and additional works at: http://digitalcommons.unl.edu/extensionhist

http://digitalcommons.unl.edu/extensionhist/3116

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
HOW MUCH CALCIUM ARE YOU EATING?

Harriet Kohn
Extension Specialist
Food and Nutrition

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:

**CHILDREN 0 - 6 MONTHS** 45% (360 mg)
6 MONTHS - 1 YEAR 70% (540 mg)
1 - 10 YEARS 100% (800 mg)

**TEENAGERS 11 - 18 YEARS** 150% (1200 mg)
**ADULTS 19 YEARS AND OVER** 100% (800 mg)
**EXPECTANT & NURSING MOTHERS** 150% (1200 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.

Extension work in "Agriculture, Home Economics and subjects relating thereto," The Cooperative Extension Service, Institute of Agriculture and Natural Resources, University of Nebraska-Lincoln, Cooperating with the Counties and the U.S. Department of Agriculture
Leo E. Lucas, Director
CALCIUM IN FOODS--PERCENT OF DAILY NEEDS

35% Each 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
*Leafy vegetables, cooked 2/3 cup
Puddings or custards 1/2 cup
Including collards, dandelion, kale, mustard, and turnip greens
Salmon, canned with bones 1/2 cup

10% Each 68-92 mg

Cottage cheese 1/3 cup
Broccoli 1/2 cup
Ice cream or ice milk 1/2 cup

5% Each 34-46 mg

Bread, enriched white, whole wheat or rye 2 slices
Quick foods, made with milk, such as biscuits, waffles, or cornbread 1 med. piece
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
Peanuts 1/3 cup
Sauerkraut 1/2 cup
Peanut butter 1/4 cup
Squash 3/4 cup
Beans, dried, cooked 1/2 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.

The Cooperative Extension Service provides information and educational programs to all people without regard to race, color or national origin.