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## CC262 How Much Calcuim are You Eating?

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### HOW MUCH CALCIUM ARE YOU EATING?



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#### 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)	TEENAGERS	11 - 18 YEARS	150%	(1200 mg)
	6 MONTHS - 1 YEAR	70%	(540 mg)	ADULTS	19 YEARS AND OVER	100%	(800 mg)
	1 - 10 YEARS	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.

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Leo E. Lucas, Director

(OVER)

## 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.
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20% EACH

130-190 mg

CREAMED SOUPS 1 CUP PUDDINGS OR CUSTARDS 1/2 CUP SALMON, CANNED, WITH BONES 1/2 CUP	*LEAFY VEGETABLES, COOKED 2/3 CUP INCLUDING COLLARDS, DANDELION, KALE, MUSTARD, AND TURNIP GREENS
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10% EACH

68-92 mg

COTTAGE CHEESE 1/3 CUP ICE CREAM OR ICE MILK 1/2 CUP	BROCCOLI 1/2 CUP
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5% EACH

34-46 mg

BREAD, ENRICHED WHITE, WHOLE WHEAT OR RYE 2 SLICES QUICK BREADS, 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.
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\*This does not include spinach, beet greens or chard (also rhubarb), since the calcium in them cannot be used by the body.

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