

Calcium – Are You Getting Your Fair Share?



You need calcium at every stage of life. Calcium helps build strong bones and teeth. It may reduce your risk of developing diseases such as osteoporosis, high blood pressure and certain cancers. And if you're pregnant, it helps build your baby's skeleton. But are you getting your fair share of calcium? Find out for yourself!

Directions:

1. For each food listed, write the number of servings you eat or drink on a typical day.
2. Multiply your number of daily servings by the calcium point value for each food.
3. Total your points and compare with the recommended number of points for your age.

	Number of Servings You Eat or Drink Each Day		Calcium Points	=	Your Points
1 cup milk	_____	X	10	=	_____
1 cup yogurt	_____	X	10	=	_____
1½ ounces cheese	_____	X	10	=	_____
10 ounce milkshake	_____	X	10	=	_____
1 cup macaroni and cheese	_____	X	10	=	_____
½ cup tofu with calcium	_____	X	10	=	_____
3 ounces canned salmon with bones	_____	X	5	=	_____
½ cup pudding	_____	X	5	=	_____
1/8 of a 12-inch pizza	_____	X	4	=	_____
½ cup frozen yogurt or ice cream	_____	X	3	=	_____
½ cup okra or cooked greens	_____	X	3	=	_____
½ cup cottage cheese	_____	X	2	=	_____

YOUR TOTAL = _____



If you are...

9-18 years
19-50 years
51+ years

You need at least...

40 points
30 points
40 points

Source: National Dairy Council®, *Nutrition News*, Volume 60, Number 1, Spring 1997. Revised 2006.

Mid-Atlantic Dairy Association

Need to Bone Up on Calcium?

Select a couple of these quick tips for adding calcium to your diet.



Breakfast

- Scoop a few spoonfuls of crunchy breakfast cereal into a carton of fruit yogurt.
- Use milk instead of water when preparing a bowl of hot oatmeal. Add some raisins or bananas.
- Enjoy leftover cheese pizza.
- Grab some string cheese, a juice box and a bagel when you're on the run.
- Whip up a smoothie...blend fruit, yogurt and milk.

Lunch

- Add a slice of cheese to sandwiches.
- Prepare canned cream soups with milk instead of water.
- Go for a carton of milk instead of juice or a soft drink.
- How about frozen yogurt or ice cream for dessert instead of cake or cookies?
- Sprinkle cheese on your salad or add a scoop of cottage cheese.

Snacks

- Try cereal and milk for a quick pick-me-up.
- Spread a tortilla with bean dip, top with cheese and salsa.
- Satisfy your chocolate urge with a glass of milk mixed with chocolate syrup.
- Munch on cheese and crackers.
- Whip up some instant pudding made with milk.
- Make a cup of hot chocolate to warm up your insides on a chilly day.

Dinner

- Build a pizza with mozzarella cheese and lots of veggies.
- Top a steaming baked potato with plain yogurt or shredded mozzarella or cheddar cheese.
- Prepare a "stir-fry" dinner using ingredients that add calcium: bok choy, broccoli or tofu.
- Top chili or spaghetti with grated cheese.
- Choose Mexican from the menu: tacos, burritos, enchiladas, or taco salad with cheese.

Schedule It In!

It's a breeze to squeeze in servings from the Milk Group into your daily routine.

At breakfast I can _____.

At lunch I can _____.

For a snack I can _____.

At dinner I can _____.

Source: National Dairy Council®, *Nutrition News*, Volume 60, Number 1, Spring 1997. Revised 2006.