

CALCIUM



Calcium is important for strong bones and teeth!

Calcium is an important mineral that not only helps keep bones and teeth strong, but also helps muscles contract and the heart to beat. Most people know that calcium is found in dairy products but may not know other sources such as fortified juices and cereal.

Like a bank, calcium gets deposited and withdrawn from your bones daily. If you don't replace calcium in your diet everyday, calcium is withdrawn from your bones, causing them to become weak and brittle (a disease called osteoporosis).

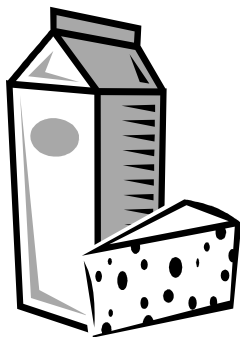


Vitamin D helps calcium get absorbed in the body, so make sure that your supplement or food source has Vitamin D added.

Daily Calcium Needs for Children

1 to 3 year olds need 500 milligrams
(500 mg = 2 ½ slices of cheese **or** 13 ounces of milk/yogurt)
Easy way: Offer 4 ounces of milk at 3 meals a day

4 to 8 year olds need 800 milligrams
(800 mg = 4 slices of cheese **or** 21 ounces of milk/yogurt)
Easy way: Offer 4 ounces of milk 5 times with meals and snacks



Calcium Content of Foods:

| | | |
|--------------------|----------|-------|
| Cheese | 1 ounce | 200mg |
| Juice with calcium | 6 ounces | 200mg |
| Mac and cheese | ½ cup | 180mg |
| Skim milk & yogurt | 4 ounces | 150mg |
| Pudding | ½ cup | 150mg |
| Tofu | 4 ounces | 130mg |
| Ice cream | ½ cup | 110mg |
| Dry roasted almond | 1 oz | 80mg |
| Cottage cheese | ¼ cup | 40mg |
| Broccoli, Kale | ½ cup | 40mg |
| Egg | 1 | 30mg |
| Peanut butter | 2 Tbsp | 20mg |
| Sour cream | 2 Tbsp | 30mg |

Label Reading Tip!

Calcium is the only nutrient on a food label that you can add a zero to the percentage to get milligrams of Calcium
Example: 40% = 400mg

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