

CALCIUM: AN ESSENTIAL MINERAL

Calcium is:

- Essential for muscle contractile function
- Essential for nerve function sending firing impulses to muscle/reflexes
- Develop, strengthen and maintain healthy bones
- Supports immune functions for fighting off infection/illness

Tips:

- ❑ **Make calcium a part of your regular training diet.** Milk is a starch/carbohydrate, and is a good source of calcium, but doesn't adequately replenish lost fluids and should not be considered a snack or sole fluid replenishment option.
- ❑ Female (high school) athletes calcium intake goal: 1200 to 1500 mg/day
- ❑ Male (high school) athletes calcium intake goal: 1000-1200 mg/day

Example Food Sources:

- ❑ Dairy products – milk, yogurt, cheese, ice cream. Extra bonus choice as has Vitamin D also
- ❑ Fish with edible bones
- ❑ Tofu
- ❑ Calcium-fortified soymilk, orange juice, cereal, et cetera
- ❑ Dark green vegetables: broccoli, kale, collard greens, turnip greens
- ❑ Almonds

Don't like the taste of milk? Try adding to 1 cup milk:

- 1 tablespoon fat-free fudge ice cream topping with ¼ cup mineral water
- ½ cup fresh or frozen strawberries, pureed
- 2 tablespoons orange juice concentrate & ½ teaspoon vanilla extract
- 2 teaspoons instant malted milk powder and 1 teaspoon chocolate syrup
- ½ cup root beer and small scoop of vanilla lowfat ice cream
- Blender: banana, ½ teaspoon honey and ¼ teaspoon vanilla extract

*information from www.whymilk.com



FACTS ON CALCIUM SUPPLEMENTS:

- ❑ Label only tells the amount of calcium in the pill/powder:
Typically 40-60% of that number is what is absorbed and used by the body.
- ❑ Don't take calcium carbonate with Iron: it decreases the absorption of the calcium.
- ❑ Don't take more than 500mg of calcium supplement at one time.
- ❑ Calcium carbonate can be taken with or without meals.

'Calcium: do it in the diet:'

Example amounts of milligrams(mg) of calcium/serving:

Yogurt (1 cup)	300-450mg
Milkshake (10 ounces)	300mg
Milk (1 cup)	300mg
Cheese (1 oz @ 1 cube)	200mg
Ice cream, soft serve (1/2 cup)	120mg
Frozen yogurt (1/2 cup)	90mg
Almonds (1/4 cup)	95mg
Salmon, canned with bones (3 ounces)	200mg
Spinach, cooked (1/2 cup)	122mg
Broccoli, cooked (1/2cup)	90mg