

CALCIUM TOTAL FOR ONE DAY: (GOAL IS 1300 MG.)

| <u>FOODS:</u> | <u>CALCIUM MG: (approximate)</u> | <u>How much did you have yesterday?</u> |
|----------------------------------|---|--|
| DRINKS +DAIRY PRODUCTS: | | |
| Whole, 1%, 2%, Fat Free Milk | 1 cup, 300 mg | |
| Chocolate milk | 1 cup, 300 mg. | |
| Instant Breakfast in your milk | 1 cup, 400 mg. | |
| Soy milk, fortified | 1 cup, 400 mg | |
| Fortified Orange Juice | 1 cup, 300 mg | |
| Swiss cheese | 1 oz., 270 mg | |
| Mozzarella, part skim | 1 oz., 210 mg | |
| Cheddar (yellow) Cheese | 1 oz., 200 mg | |
| Cottage Cheese | 1 cup, 210 mg | |
| Parmesan cheese, grated | 2 T, 140 mg | |
| Pudding, prepared | ½ cup, 150 mg | |
| Yogurt | 1 cup, 450 mg | |
| Frozen yogurt | 1 cup, 200 mg | |
| Ice Cream, regular or light | 1 cup, 400 mg | |
| BREADS/GRAINS | | |
| Waffle, fortified | 1 frozen waffle, 80- mg | |
| Most Fortified Breakfast Cereals | 1 cup, 300 mg | |
| Corn or flour Tortilla | 1, 6 inch, 50 mg | |
| English Muffin | 1, 100 mg. | |
| Slice of wheat/white bread | 1, 25 mg. | |
| VEGETABLES, NUTS + BEANS: | | |
| Broccoli | ½ cup, 50 mg. | |
| Spinach, cooked | ½ cup, 130 mg | |
| Tofu | 1 cup, 40 mg | |
| Almonds (a large handful) | 2 oz., 150 mg | |
| Black or Navy Beans | 1 cup, 130 mg | |
| Soybeans, cooked | 1 cup, 180 mg | |
| Sunflower Seeds (large handful) | 3.5 oz. 120 mg | |
| OTHER: | | |
| Cheese pizza | 1 slice, 120 mg. | |
| Creamed soup | 1 cup, 180 | |
| Ham and Cheese Sandwich | 1 sandwich, 300 mg. | |
| Mac n' Cheese | 1 cup, 360 mg. | |
| Cheese Enchilada | 2 enchiladas, 100 mg. | |
| TOTAL CALCIUM: | | |

YOUR BONES GROW UNTIL YOU'RE AGE 30-SO, BANK IT IN BEFORE YOU'RE 30!!

TAKE VITAMIN D so you can absorb the calcium you're

Don't drink too much pop-you aren't thirsty for milk, and the phosphoric acid stops calcium absorptio

Name: _____

Per: _____

Date: _____

1. Look at the calcium list on the back and estimate the calcium you ate yesterday:
_____mg.

2. Did you get the required 1300 mg.? circle: yes or no*

*If you know you typically **don't** get the 1300 mg. calcium you should eat daily, you should change your eating habits to add more foods with calcium, -AND/OR- start taking a calcium supplement. Take no more than 500 mg. at a time, take it with Vitamin D to help absorb it, and don't choose "oyster shell" calcium or "Tums" with calcium.

3. Fill in the chart below with **realistic food items a teen could eat** for one day to get the required 1300 mg. of calcium: (make sure your food items total up to 1300 mg.!)

THIS IS **NOT** NECESSARILY THE FOOD YOU ATE, BUT AN **I D E A L** DAY!!

| | FOODS with CALCIUM: | MG.: |
|--------------|---------------------|--|
| Breakfast | | |
| Snacks | | |
| Lunch | | |
| Snacks | | |
| Dinner | | |
| After Dinner | | |
| | | TOTAL: _____ (must be 1300 mg.) |