

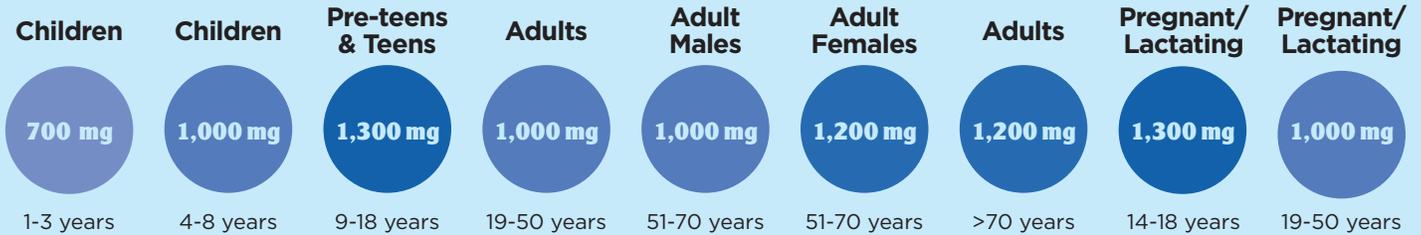
# CALCIUM

## How Do You Measure Up?

### THE ROLE OF CALCIUM

Calcium has many important functions - from proper development and maintenance of bones and teeth to healthy functioning of nerves and muscles, including the heart.

### HOW MUCH CALCIUM DO I NEED EACH DAY?



Source: Institute of Medicine, 2010

### SOURCES OF CALCIUM

Dairy is the number one food source of calcium in the U.S. diet, and it's affordable and readily available. Other foods also contain calcium. **Choose 3 servings of dairy daily** - plus additional non-dairy sources - to meet daily calcium recommendations.

#### DAIRY



##### MILK

plain, 1%, lowfat, 8oz..... **290 mg**  
 plain, fat-free, 8 oz..... **306 mg**  
 chocolate, lowfat, 8 oz.....**288 mg**



##### YOGURT

plain, lowfat, 8 oz..... **415 mg**  
 plain, skim milk, 8 oz..... **452 mg**  
 Greek, plain, nonfat, 8 oz.....**249 mg**



##### CHEESE

parmesan, grated, 1 tablespoon...**55 mg**  
 mozzarella, swiss, provolone, 1 oz....**204-224 mg**  
 cottage, 1 cup.....**138 mg**

### NON-DAIRY

Source: USDA National Nutrient Database for Standard Reference



##### BROCCOLI

cooked, without salt, 1 cup..... **62 mg**



##### ALMONDS

24 (1 oz).....**75 mg**



##### LEAFY GREENS

kale, spinach, collard greens, 1 cup.....**179-357 mg**



##### FISH

sardines, canned with bone, 3oz.....**325 mg**  
 salmon, canned with bone, 3 oz.....**181 mg**



##### BEANS

white, kidney, pinto, black, 1 cup.....**74-191 mg**



##### TOFU

firm, prepared with calcium sulfate & magnesium chloride, ¼ block.....**163 mg**



##### MOLASSES

blackstrap, 1 tablespoon.....**172 mg**

### CALCIUM ABSORPTION

- Some foods naturally rich in calcium such as spinach, kale, Swiss chard, collard greens, and soybeans are nutritionally dense and provide many important vitamins and minerals. But, they also contain compounds such as oxalic and phytic acids, which bind to calcium in the body.
- When it comes to calcium absorption, dairy foods are best. Vitamin D, potassium and magnesium, found in milk, yogurt and cheese, support bone health by improving calcium absorption.

# NOT ALL CALCIUM

## *Sources Are Created Equal*

### CONSIDERATIONS

- ❑ For maximum absorption distribute your calcium intake over the course of the day, including calcium-rich foods at meal and snack times.
- ❑ Meeting calcium needs from food is ideal. The Academy of Nutrition and Dietetics, National Institutes of Health and the American Academy of Pediatrics believe that individuals should attempt to meet their nutrient needs through food first.
- ❑ Vitamin D is essential to proper calcium absorption. Sources of vitamin D include eggs, salmon, mushrooms and fortified milk, in addition to a responsible amount of sun exposure.

### TIPS FOR GETTING MORE CALCIUM

- ✓ Use low-fat or fat-free milk in place of water when preparing oatmeal
- ✓ Have a smoothie for breakfast with milk or yogurt and your favorite fruit
- ✓ Enjoy a latte with low-fat milk
- ✓ Include low-fat or fat-free yogurt with fruit as a snack
- ✓ Add a glass of milk to your meals
- ✓ Sprinkle low-fat or fat-free shredded cheese on your potato, veggies or salad

### COMPARING CALCIUM SOURCES

**1 SERVING MILK** (8 oz. milk = 1 serving)



To **ABSORB** the same amount of calcium you get from **ONE** cup of milk, you would have to eat **ONE** of the following:

**1.25 SERVINGS TOFU** (½ cup tofu = 1 serving)



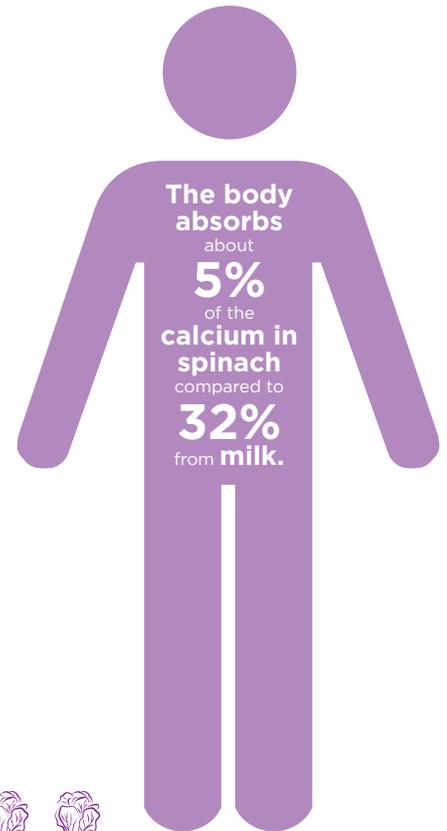
**4.5 SERVINGS BROCCOLI** (½ cup cooked broccoli = 1 serving)



**5 SERVINGS ALMONDS** (23 almonds = 1 serving)



**16 SERVINGS SPINACH** (½ cup cooked spinach = 1 serving)



Reference: Weaver, C.M. and Heaney, R.P., In: Calcium in Human Health, Weaver, C. M. and Heaney, R.P., Eds., Humana Press, Totawa, NJ, 2006, p. 137.

**ENJOYING 3 SERVINGS OF DAIRY DAILY,**

in addition to non-dairy sources of calcium, provides adequate **absorbable** calcium for healthy bones, teeth, nerves and muscles.



**HEALTHY**