

Ways to Increase Your Calcium Intake

Since you are serious about increasing your calcium intake, try some of these helpful tips:

- Add cheese to sandwiches and casseroles
- Snack on cheese and crackers
- Prepare soups with milk instead of water
- Add nonfat dry milk to soups, stews, cereals, casseroles, cocoa, puddings or cookies (1 tbsp has 50 mg Calcium)
- Add grated cheese to Mexican and Italian foods such as tacos, enchiladas, lasagna and ravioli
- Add cheese to your salad
- Eat yogurt as a dessert or snack
- Make desserts calcium-rich. Select ice cream with fruit or custards and pudding made with milk
- Whip up a fruit smoothie. Blend 1 cup of milk with 1/2 cup of fruit and 5-6 ice cubes
- Try flavored milks that are available now

Strict vegetarians and people with milk allergies may need to rely on calcium fortified foods and/or supplements to meet their needs.

Sources of Calcium

FOOD ITEM	SERVING SIZE	MG CALCIUM
American Cheese	1 oz	124
Cottage cheese	1 cup	126
Vanilla ice cream	1 cup	176
Skim milk	1 cup	302
Mozzarella cheese (part skim)	1 oz	183
Low fat fruit yogurt	1 cup	314
Tofu	1/2 cup	250
Ready to eat cereal calcium fortified	1 cup	100-1000

FOR MORE INFORMATION ABOUT CALCIUM AND BONE HEALTH PLEASE CALL THE MERCY NUTRITION SPECIALISTS
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CALCIUM AND BONE HEALTH



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WHY DO PEOPLE OF ALL AGES NEED CALCIUM?

99% of Calcium in our bodies is in our bones and teeth.

Small amounts of bone are broken down and absorbed all through life.

Osteoporosis (a condition of fragile bones) occurs when new bone growth cannot keep up with this rate of breakdown.

The body cannot make calcium and will pull calcium from bones to serve in heart muscle contraction, nerve impulses and other vital body processes.

When we eat enough foods with calcium, our bodies keep the calcium in the bones so they do not become fragile.

Calcium Requirement

The current daily recommendations are:

AGE	MG OF CALCIUM
1 - 3 years	500
4 -10 years	800
11 - 18 years	1,300
Pregnant or Breast-Feeding Women	
<19	1,300
>19	1,000
19-50 years	1,000
51+ years	1,200 - 1,500

Tolerable upper levels (ULS) represent the maximum intake that is unlikely to pose a risk of adverse health effects in almost all healthy individuals.

The calcium UL is 2500mg for all age groups.

How to Use the Food Label to Choose More Calcium

STEP 1

First, look at the top of the information where serving size is listed. Compare your average serving size with that listed. If your typical amount eaten is twice that listed serving size, (in other words, you eat two packages of single-serving foods, not one); then you will double the rest of the information on the label.

STEP 2

Find “calcium” listed on the label and change the % to zero. In this example, “30%” would change to “300”. This is the number of milligrams (mg) of calcium that this food provides for the listed serving size. Remember if you eat a different amount than the listed serving size, the amount of calcium you take is correspondingly different. In this example, a double portion of 2 cups would then provide 600 mg of calcium.

Nutrition Facts			
1. Serving Size: 1 Cup (240mL)			
Amount Per Serving			
Calories 120		Calories from Fat 45	
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 1g			5%
Cholesterol 30mg			10%
Sodium 170mg			7%
Total Carbohydrate 19g			6%
Dietary Fiber 0g			0%
Sugars 9g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 30%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			