

# CALCIUM COUNTS



## MAKE A LIFETIME CALCIUM COMMITMENT

Calcium helps boost bone mass, reduces the risk of a fracture caused by osteoporosis and lowers your risk for other diseases.

### Children 1-8 yr.

Up to age 2 it is recommended you serve whole milk for proper development. Healthy habits begin in childhood, so make milk your child's mealtime beverage. It's as easy as "3-A-Day of Dairy."

### Pre-teen/Teens 9-18 yr.

These are the prime bone-building years when nearly half of the adult skeleton is formed. **Score with 4 Milk Group foods each day!**

### Adults 19-50; 51+ yr.

Calcium is important at every age for maintaining strong healthy bones. Getting "3-A-Day of Dairy" will help most adults get all the calcium they need. **Adults over 50** serve yourself **4 Milk Group** foods everyday to protect your bones.

## Calcium Connections

Calcium does more than build bones and protect against osteoporosis.

Research shows calcium may help:

- Reduce High Blood Pressure
- Reduce the risk of certain cancer
- Maintain a healthy weight

## CALCIUM SOURCES

### Milk Group

	Calcium
Plain nonfat yogurt, 1 cup	450 mg
Swiss cheese 1 1/2 oz	408 mg
Chocolate milkshake 10 fl oz	320 mg
Mozzarella cheese (part skim) 1 1/2 oz	311 mg
Cheddar cheese 1 1/2 oz	306 mg
Fruit flavored lowfat yogurt 1 cup	300 mg
Milk (whole, reduced, low & nonfat) 1 cup	300 mg
Custard (mix) 1/2 cup	197 mg
American process cheese 1 oz	150 mg
Pudding 1/2 cup	150 mg
Soft serve ice cream 1/2 cup	113 mg
Soft serve frozen yogurt 1/2 cup	106 mg
Ice cream 1/2 cup	88 mg
Cottage cheese 1/2 cup	70 mg

### Meat Group

Canned pink salmon with bones 3 oz	181 mg
Almonds 1/3 cup	120 mg
Canned beans— Pinto 1 cup	103 mg
Kidney 1 cup	69 mg

### Vegetable Group

Frozen cooked collard greens 1/2 cup	179 mg
Frozen cooked kale 1/2 cup	90 mg
Frozen cooked broccoli 1/2 cup	47 mg

### Fruit Group

Orange	52 mg
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### Grain Group

Corn tortilla 1 (6" diameter)	44 mg
White bread 1 slice	27 mg

### Combination Foods

Homemade macaroni & cheese 1 cup	362 mg
Baked potato with cheese	311 mg
Taco small 6 oz	221 mg
Regular cheeseburger	141 mg
Cheese pizza 1 slice (1/8 12" diameter)	117 mg
Box macaroni & cheese 1 cup	100 mg

### \*Coffee Beverages made with milk

Caffé latte, 12 fl oz	418 mg
Caffé mocha, 12 fl oz	373 mg
Cappuccino, 12 fl oz	268 mg

Sources: Bowes & Church's Food Values of Portions Commonly Used, 1998  
\*Starbucks Coffee Company, 1998

Use the amounts below to see what you need

### Recommended Daily Calcium Amounts

Age group	Calcium needed (mg)	Number of daily servings† needed
**Children 1-3 yr.	500 mg	3
Children 4-8 yr.	800 mg	3
Teens 9-18 yr.	1,300 mg	4
Adults 19-50 yr.	1,000 mg	3
Adults 51+ yr.	1,200 mg	4

\*\*Serving size for a child is equal to 2/3 cup or 6 ounces.  
† A serving is equal to 1-8 oz glass of milk, 1-1/2 oz of cheese or an 8 oz serving of yogurt.  
Source: Dietary Reference Intakes, National Academy of Sciences, 1997.

**MDC**

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email: [dairycouncil@midwestdairy.com](mailto:dairycouncil@midwestdairy.com)

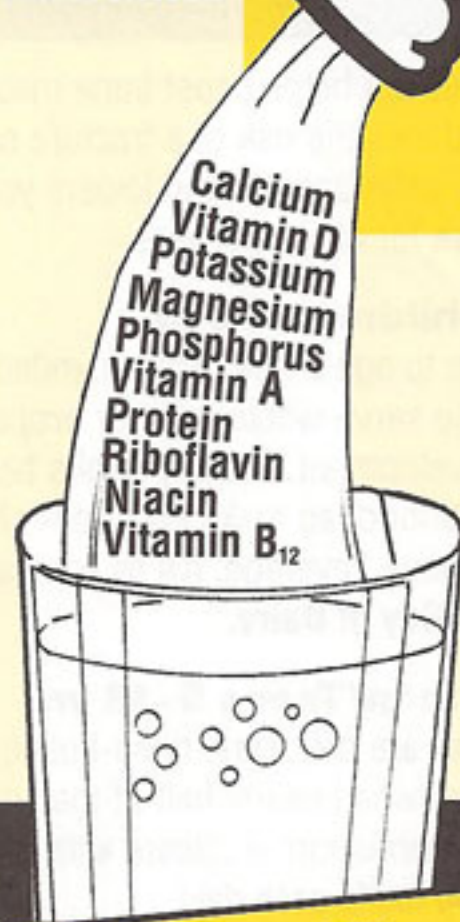


## CATCH THE CALCIUM CRAZE

- Milk Group foods are the best source of calcium in the American diet and a great source of other essential nutrients. They provide a **whole package of nutrients** needed for a healthy body.
- People who meet their calcium needs with Milk Group foods have the **Dairy Advantage** by also meeting their needs for other bone building nutrients like vitamin D. Vitamin D helps the body absorb calcium.
- Milk Group foods may reduce the risk of high blood pressure, kidney stones, osteoporosis and certain cancers.
- **Find Calcium in Food First!** Milk group foods are the best natural source of calcium and provide a powerful package of nutrients that pills cannot...

**THINK FOOD FIRST!**

### Milk's Package of Nutrients



## Check 3 For The Nutrients You Need

"3-A-Day of Dairy" is an easy way to remember that three daily servings from the Milk Group will help most children and adults meet their need for calcium and other essential nutrients.

- Make milk your mealtime beverage!
- Warm up with hot chocolate made with milk.
- Curb that chocolate craving with a glass of chocolate milk.
- Substitute milk for water in soup, hot cereals, sauces, mashed potatoes, rice, pancakes and scrambled eggs.
- Add cheese to soups, salads, sandwiches and casseroles.
- Top a baked potato with cheese or yogurt.
- Sip a caffè latte, caffè mocha or cappuccino made with milk.
- Enjoy yogurt with meals or create a yogurt and fruit parfait.
- "Pair up" cheese and fruit.
- Choose pudding, custard, a milkshake or frozen yogurt for "dairy good snacks!"
- Remember foods such as pizza, cheeseburgers, tacos and macaroni & cheese all count toward your goal of "3-A-Day of Dairy."
- When on the go, grab a fun size flavored milk.

