

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

<u>FOODS:</u>	<u>CALCIUM MG:</u> <u>(approximate)</u>	<u>How much did</u> <u>you have</u> <u>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.)