

## which foods have calcium?



Dairy foods are the best source of calcium:

Milk  
Yogurt  
Cottage Cheese  
Cheese

### how much milk should we drink?

- Children (ages 2 to 8 years) need 16 ounces (2 cups) of milk each day.
  - Parents need 24 ounces (3 cups) of milk each day.
- Serve milk at meals.  
It's an easy way to get calcium!

#### child

##### breakfast

4 ounces of milk in cereal

##### lunch

6 ounce cup of milk

##### dinner

6 ounce cup of milk

#### mom and dad

##### breakfast

4 ounces of milk in cereal

##### lunch

10 ounce glass of milk

##### dinner

10 ounce glass of milk

Be a good role model for your child - drink milk together at meals.

based on MyPyramid.gov

### can I add flavor to my milk?

Yes, you can add chocolate, strawberry or other flavors to milk. These syrups do add extra calories - 2 teaspoons of chocolate syrup has 35 calories.

Only add a small amount of flavor to your milk occasionally.

### calcium basics

Calcium is needed for healthy bones, teeth and proper function of the heart, muscles and nerves.



Up to 90 percent of bone mass is made by age 18 in girls and age 20 in boys. It is important to get enough calcium to build strong, dense bones during the first 20 years of life.

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## serve calcium rich foods

at your family's meals and snacks:

- milk - 300 mg calcium
- yogurt - 250 to 400 mg calcium
- cheddar cheese - 300 mg calcium
- mozzarella cheese - 190 mg calcium
- parmesan cheese - 140 mg calcium
- calcium fortified juice - up to 260 mg calcium
- soy milk - 80 to 500 mg calcium
- tofu made with calcium - 200 mg calcium
- kidney beans - 140 mg calcium
- cooked spinach - 120 mg calcium
- broccoli - 90 mg calcium

Other foods that are good sources of calcium.

#### Nutrition Facts

Serving Size 1/2 cup (125g)  
Amount Per Serving

	% Daily Value*
Total Fat 10g	20%
Saturated Fat 5g	10%
Sodium 100mg	20%
Total Calcium 300mg	60%
Dietary Fiber 5g	10%
Sugar 10g	20%
Protein 10g	20%

Calcium rich foods are available at grocery stores - read the label.

#### What's DV?

(daily value)  
Calcium DV is 500 mg calcium.

- 20% DV calcium: 100 mg calcium.
- 30% DV calcium: 150 mg calcium.
- 60% DV calcium: 300 mg calcium.



## how much calcium do we need?

- Children - 500 mg calcium each day
- Teens - 800 mg calcium each day
- Adults - 1300 mg calcium each day

- During pregnancy and breastfeeding women:  
18 years - 1300 mg calcium each day  
19 years - 1000 mg calcium each day

## healthy habits begin at home

Calcium products get your nutrition information. Always read the label. Calcium should be obtained from your health care provider.

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