

# Calcium Checklist - Food Guide Pyramid

Ann Hertzler\*

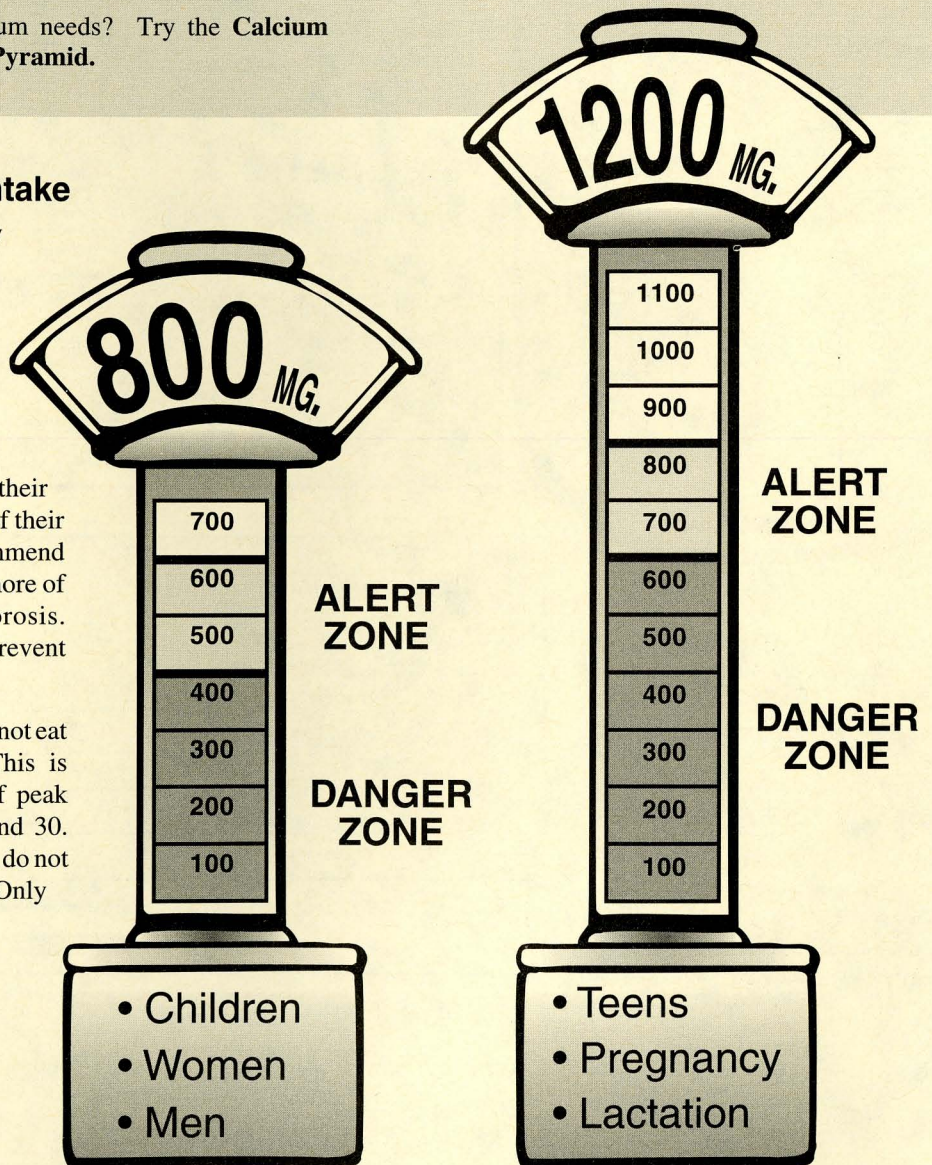
## How Well Did You Do?

1. Does your daily food pattern meet the Food Guide Pyramid recommendations? The Food Guide Pyramid provides the nutrients to work with calcium in your body.
2. Do you meet your calcium needs? Try the **Calcium Checklist** with the **Food Guide Pyramid**.

## Recommended Calcium Intake

The (RDA) Recommended Dietary Allowances for children under ten and for adults is 800 mg a day. Youth between the teen years to 24 years of age need about 1200 mg daily for rapid growth. The recommendation for pregnant and lactating women is about 1200 mg a day. Pregnant teens need more than 1200 mg calcium for their own growth as well as for the growth of their baby. Some nutrition scientists recommend that women have at least 1000 mg or more of calcium a day to prevent osteoporosis. Exercise is also recommended to prevent osteoporosis.

Nearly one-half of U.S. children do not eat an adequate amount of calcium. This is especially critical for development of peak bone mass between the ages of 18 and 30. More than half of U.S. men and women do not eat an adequate amount of calcium. Only one-fourth of women in the U.S. have an adequate intake of calcium after age 35. It is important to maintain adequate dietary calcium intake to maximize calcium storage in the bones during the growing years and to minimize bone loss in later years.

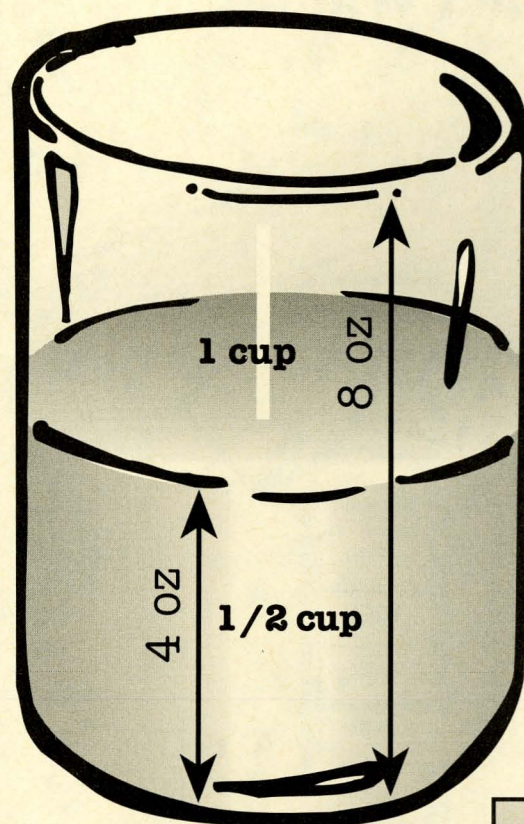


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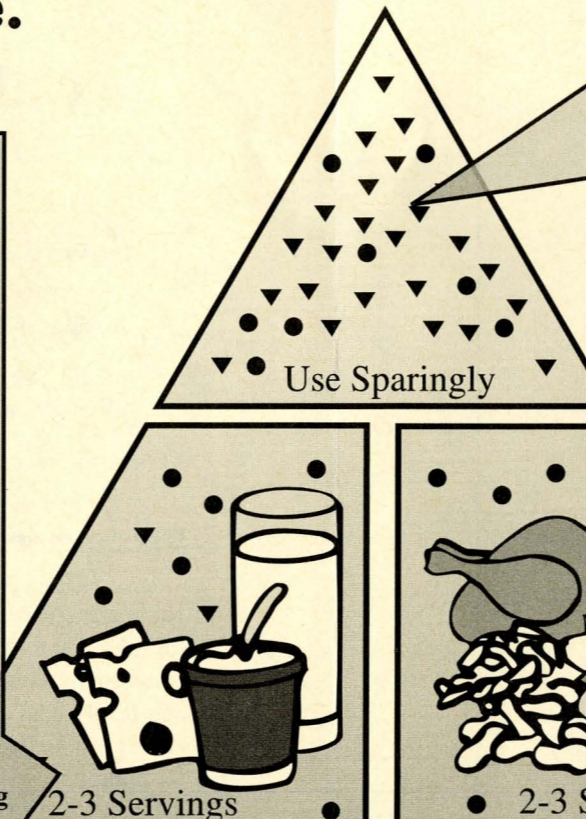


**I. Record the number of servings you ate on a typical day in the last week. Use the pictures to figure Serving Size.**

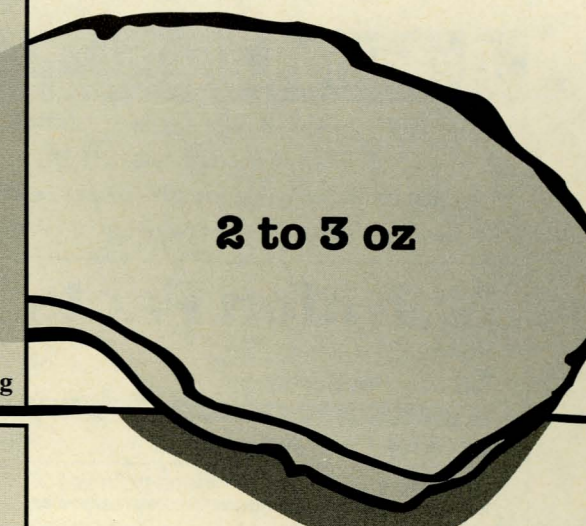
**II. Multiply servings x calcium value.**



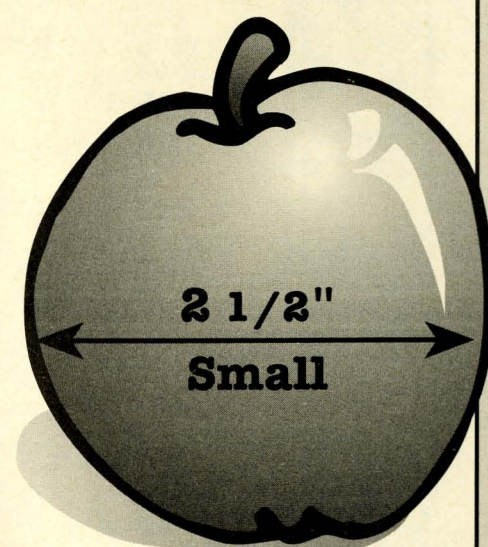
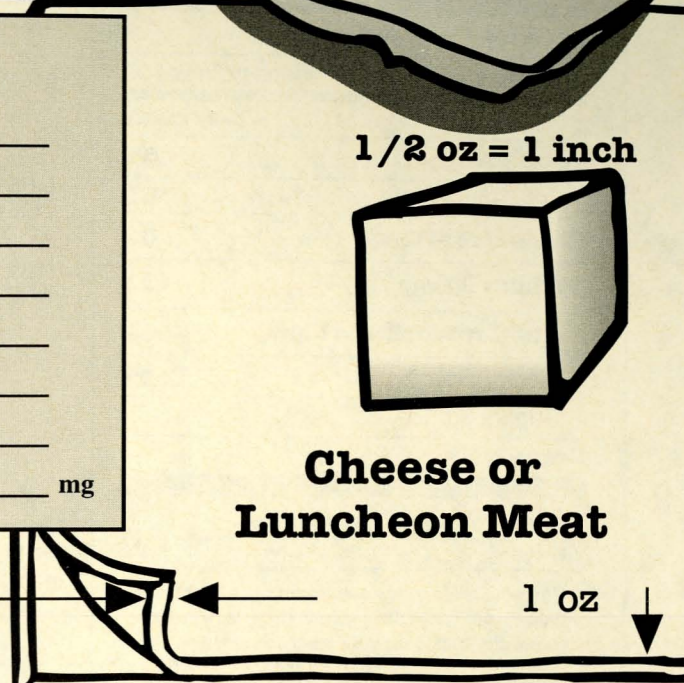
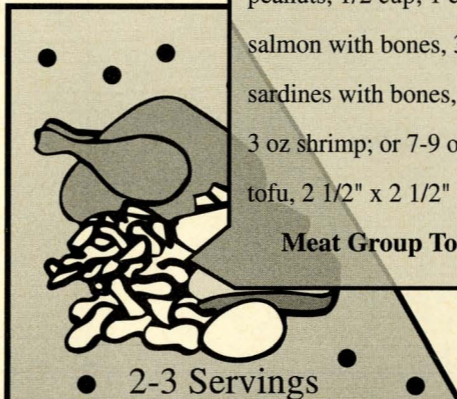
Food, Serving Size	servings # daily	x	calcium mg
<b>Milk-Yogurt-Cheese</b>			
cheese, 1 oz or 6 tbsp	_____	x 200 =	_____
cottage cheese, 1/2 cup	_____	x 50 =	_____
custard, pudding, or cream pie, 1/2 cup	_____	x 150 =	_____
ice cream, frozen yogurt, or milk shake, 1 cup	_____	x 200 =	_____
milk or cocoa, 1 cup	_____	x 300 =	_____
soy milk, 1 cup	_____	x 10 =	_____
yogurt, 1 cup	_____	x 350 =	_____
cream soups/sauce, 1 cup	_____	x 200 =	_____
macaroni and cheese, 1 cup; pizza, 1/8 of 15"; or quiche, 1/8 of 8"	_____	x 250 =	_____
<b>Milk Group Total</b>	_____ servings		_____ mg



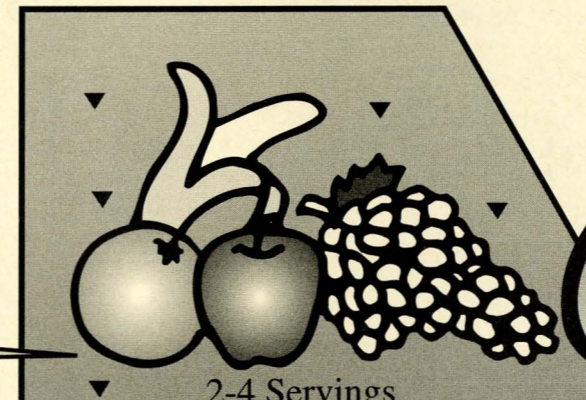
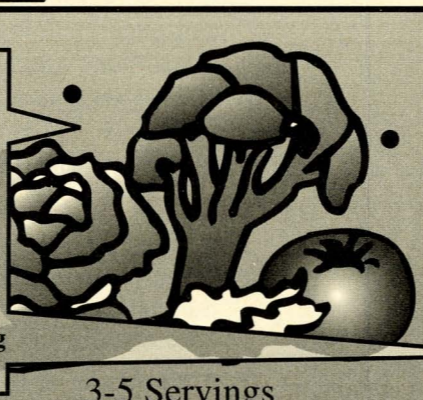
Food, Serving Size	servings # daily	x	calcium mg
<b>Fat-Sugar-Alcohol</b>			
cake, 1/16 of 9" cake	_____	40	_____
beer, 12 oz	_____	10	_____
colas, 12 oz	_____	10	_____
chocolate, 1 oz	_____	50	_____
Others	_____		_____
<b>Fat-Sugar-Alcohol Total</b>	_____ servings		_____ mg



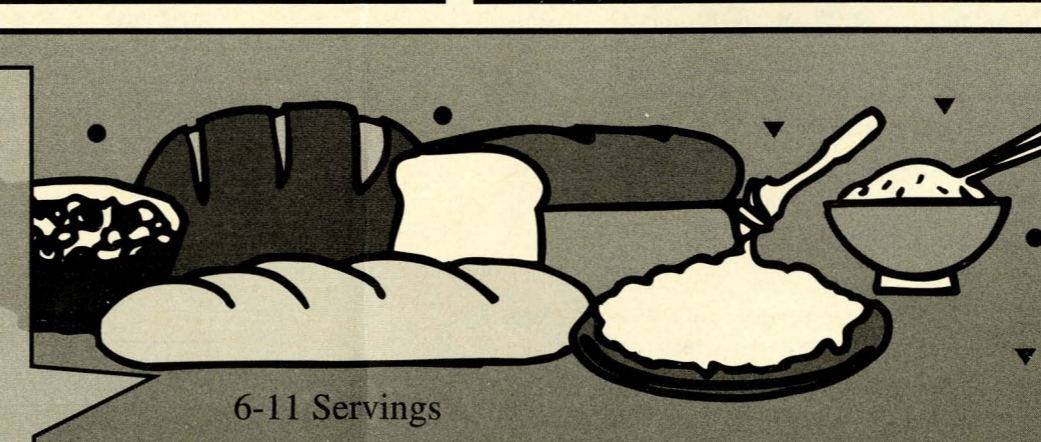
Food, Serving Size	servings # daily	x	calcium mg
<b>Meat-Fish-Poultry-Dry Beans-Nuts</b>			
dried beans, cooked (navy, pinto, kidney), 1 cup	_____	x 50 =	_____
meat, fish, poultry, 3 oz	_____	x 10 =	_____
peanuts, 1/2 cup; 1 egg	_____	x 30 =	_____
salmon with bones, 3 oz	_____	x 150 =	_____
sardines with bones, 3 oz	_____	x 400 =	_____
3 oz shrimp; or 7-9 oysters	_____	x 100 =	_____
tofu, 2 1/2" x 2 1/2" x 1"	_____	x 100 =	_____
<b>Meat Group Total</b>	_____ servings		_____ mg



Food, Serving Size	servings # daily	x	calcium mg
<b>Fruits &amp; Vegetables</b>			
broccoli or cooked greens (beet/turnip greens, kale, collards, spinach), 1/2 cup	_____	x 100 =	_____
other vegetables, 1/2 cup	_____	x 30 =	_____
fruits, 1/2 cup or 1 small	_____	x 30 =	_____
<b>Fruits &amp; Vegetables Total</b>	_____ servings		_____ mg



Food, Serving Size	servings # daily	x	calcium mg
<b>Breads-Cereals-Rice-Pasta</b>			
bread, 1 slice; or cereal, 1 oz	_____	20	_____
2" biscuit/roll, or 6" corn tortilla, or 3" muffin, cornbread, or doughnut	_____	40	_____
rice, noodles, or pasta, 1 cup	_____	20	_____
pancake, waffle, or french toast, 1 serving	_____	x 100 =	_____
<b>Bread Group Total</b>	_____ servings		_____ mg



**III. Compare the number of Food Guide Pyramid servings. Add milligrams calcium.**

Group	minimum servings recommended	servings # daily	calcium mg
Milk-Yogurt-Cheese	(2)	_____	_____
Fruits & Vegetables	(5)	_____	_____
Breads-Cereals-Rice-Pasta	(6)	_____	_____
Meat-Fish-Poultry-Dry Beans-Nuts	(2)	_____	_____
Fat-Sugar-Alcohol	(?)	_____	_____
<b>Total</b>		_____	_____

Compare your serving with the Food Guide Pyramid. How do you rate on your Calcium Checklist rating? What one habit will you improve?



# Reading Labels

Food label information will help you to estimate amounts or milligrams of calcium.

- The adult Reference Daily Intake (RDI) for calcium is 1000 milligrams.
- Calcium Daily Values of 20% or more can be labeled high, rich in, or excellent.
- Look for nutrient claims on the front label. A health claim can be made for calcium and osteoporosis.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 30%	Iron 4%
* 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Read the label for fat content. This food has 3g fat, a 5% Daily Value (65g).

Calcium is one of the four nutrients often low in American diets. A serving of this food provides 30% of the 1000mg adult RDI or 300mg.

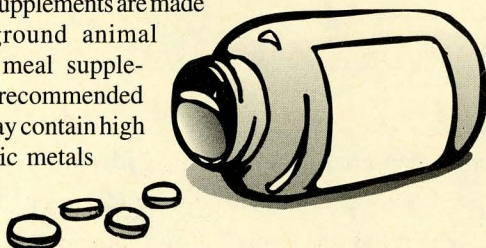
**Fat Content** - Fats such as cream cheese, sour cream, whipping cream, coffee cream, artificial creamer, and whipped topping contain little or no calcium. Cut back on fat to reduce disease risks:

Cheese, 1 oz	Fat grams
Cheddar, Swiss	= 9
Mozzarella, skim milk	= 5
Lowfat cheese	= 5
Cottage Cheese, 1 cup	
Creamed	= 9
Lowfat (2%)	= 4
Lowfat (1%)	= 2
Ice Cream, 1 cup (11% fat)	= 14
Ice Milk, 1 cup	= 5
Milk, 1 cup	gm fat
Regular (3.5% fat)	= 8
Lowfat (2% fat)	= 5
Lowfat (1% fat)	= 3
Nonfat (skim)	= Tr
Quiche - 1/8 of 8 oz	= 48
Yogurt, 8 oz	
Whole milk yogurt	= 7
Lowfat yogurt	= 2 to 4
Nonfat yogurt	= Tr

## Calcium Supplements

If you have problems with milk foods, talk with your health care provider. Tablets, powders, and liquids are available as calcium supplements. Since only 10 to 40 percent of the supplement is calcium, one or two pills a day are not enough. Also, the calcium in supplements is usually not easily used by the body. Read the label to estimate the amount of calcium in the supplement. Most vitamin-mineral supplements contain very small amounts of calcium.

Bone meal supplements are made from finely ground animal bones. Bone meal supplements are not recommended because they may contain high amounts of toxic metals such as lead.



## Food Sources

Everyone of all ages needs at least 2 servings of milk foods daily. Milk foods are the most concentrated source of calcium and the best utilized by the body. If you do not use milk foods, you are likely getting less than 25 percent of your daily calcium recommendation.

- Dark greens are often listed as "next best" sources of calcium. However, several servings are needed to equal 1 cup of milk.
- Soy products such as tofu or soybeans provide steady amounts of calcium. Soy milk has little calcium.
- Many oriental fish sauces have about 50 mg calcium in a 3-oz portion.
- Add dried milk powder to recipes for sauces, soups, bread, puddings, casseroles, and custards to increase calcium.
- For sour cream and cream cheese dips, blend 1 cup cottage cheese and 1 Tbsp lemon juice or vinegar in a blender. Look for "yogurt cheese" recipes.