

## Calcium & Pregnancy

Calcium is a mineral found in a variety of foods. It helps build and maintain strong bones and teeth, helps your muscles work, helps your blood to clot when needed and helps your nerves send messages. Your body needs plenty of calcium whether or not you are pregnant. You don't need to take in extra calcium when you are pregnant, but you need to take in enough calcium every day.

### How much calcium you need each day depends on your age:

- 14 to 18 years      1300 mg (milligrams) per day, or four to five servings of high-calcium foods per day
- 19 to 50 years      1000 mg per day, or three to four servings of high-calcium foods per day

A list of high-calcium foods is included on this handout. You can also find out how much calcium a food contains by looking at the Nutrition Facts label on the food package. Look for calcium toward the bottom of the label. Next to the word 'calcium' will be a percentage, which is the Daily Value. The Daily Value for calcium is 1000 mg per day. To calculate the milligrams of calcium, change the '%' to a zero. For example, the label below shows 35% Daily Value for calcium. This means one serving contains 350 mg of calcium.

<b>Nutrition Facts</b>	
➔Serving Size    1 cup (236 grams)	
Servings Per Container    1	
<b>Amount per Serving</b>	
<b>Calories 80</b>	Calories from fat 0
% Daily Value	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> Less than 5mg	0%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 9g	17%
<b>Vitamin A</b> 10% • <b>Vitamin C</b> 4%	
➔ <b>Calcium</b> 30% • <b>Iron</b> 0% • <b>Vitamin D</b> 25%	

## Calcium content of foods

Food	Calcium in milligrams (mg)
Plain yogurt (1 cup)	415 to 450
Flavored yogurt, low fat (1 cup)	350
Milk (1 cup)	290 to 300
Chocolate milk (1 cup)	280
Swiss cheese (1 ounce)	272
Mozzarella or cheddar cheese (1 ounce)	200
American cheese (1 ounce)	174
Pudding, chocolate ( 1/2 cup)	146
Ice cream ( 1/2 cup)	88
Calcium-fortified orange juice (1 cup)	300
Macaroni and cheese ( 1/2 cup)	180
Tomato soup, made with milk (1 cup)	159
Waffle (7" diameter)	179
Pizza (1/8 of a 15" pie)	220
Cooked leafy greens (kale, bok choy,	75 to 99

## Ideas to add calcium

- Make hot cereal with milk instead of water.
- Use yogurt to make dips for vegetables or fruit.
- Use milk instead of water in sauces and soups.
- At the drive-through, order a carton of milk, a milkshake or a frozen yogurt cone.
- Add extra flavor to pasta dishes by adding ricotta, mozzarella or Parmesan cheese.
- For snacks, have low fat pudding or part-skim mozzarella cheese sticks (string cheese).

If you have questions, a nutrition education specialist is available to help at 508-852-6175 or 1-888-392-0183.