

CALCIUM COUNTS

Calcium is a mineral found in a variety of foods and is important to help form strong bones and teeth.

Most foods that are high in calcium come from the dairy group, including milk, yogurt, cheese and ice cream. All dairy foods also supply protein, and milk is fortified with Vitamin D (important to help the body use calcium). There are a variety of other foods, in other food groups, which also are good sources of calcium. For example, calcium-fortified orange juice contains just as much calcium per cup as milk and is well accepted by most children. To see what other foods are good sources of calcium, look at the list on the other side of this sheet.

The latest calcium recommendations for children:

Age	Calcium in mg	Servings of calcium-rich foods
1-3 years	500	one to two servings daily
4-8 years	800	two to three servings daily
9-18 years	1,300	four to five servings daily

For example, a 10 year-old could get in enough calcium by having 1 cup of calcium-fortified orange juice, 2 cups of milk, and 1 carton of yogurt, in addition to other foods.

CALCIUM CONTENT OF FOODS

Food	Calcium, mg.
Plain Yogurt (1 cup)	415-450
Flavored yogurt, low-fat (1 cup)	350
Milk (1 cup)	290-300
Chocolate milk (1 cup)	280
Swiss cheese (1 ounce)	272
Mozzarella or cheddar cheese (1 ounce)	200
American cheese (1 ounce)	174
Pudding, chocolate (½ cup)	146
Ice cream (½ cup)	88
Calcium-fortified orange juice (1 cup)	300
Macaroni and cheese (½ cup)	180
Tomato soup, made with milk (1 cup)	159
Waffle (7" diameter)	179
Pizza (1/8 of 15" pie)	220
Cooked leafy greens (kale, bok choy Turnip, collard) (½ cup)	75-99

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.
- Serve milk with meals in place of juice or sweetened drinks.
- 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 any further questions, a Reliant Medical Group Nutrition Education Specialist is available to help: call (508 852-6175, or 1 (888) 392-0183