

THINKING ABOUT
CALCIUM?

FIND IT IN FOOD FIRST



A GUIDE TO GETTING
THE CALCIUM YOU NEED

RUNNING ON EMPTY

For many of us, time is limited. So breakfast is traded for 15 minutes of sleep, lunch is spent running errands and dinner is whatever's on hand. It doesn't take long for this type of routine to wear you out, especially if you aren't getting enough of key nutrients like calcium.

Skimping on calcium can increase your risk of the bone-thinning disease osteoporosis and of hypertension, which is a major risk factor for heart disease and stroke. So before you place mealtime on the back burner, think about this — eating better can help you enjoy a more productive, healthy and energetic life.

PICTURE PERFECT!

Here's a snapshot of what milk, cheese and yogurt have to offer:

- **Calcium** helps build strong bones and teeth. It is also needed so muscles, like your heart, contract and relax normally.
- **Vitamin A** helps maintain normal vision and skin. It also helps regulate cell growth and the immune system.
- **Vitamin D** in fortified milk promotes the absorption of calcium and helps optimize bone mineralization — the strengthening of bones.
- **Protein** builds and repairs muscle tissue.
- **Riboflavin** helps convert food into energy.
- **Niacin** is important for the normal function of many enzymes in the body and helps metabolize sugars and fatty acids.
- **Vitamin B₁₂** helps build red blood cells that carry oxygen from the lungs to working muscles.
- **Phosphorus** strengthens bones and generates energy in your body's cells.

REFUELING WITH MILK, CHEESE & YOGURT

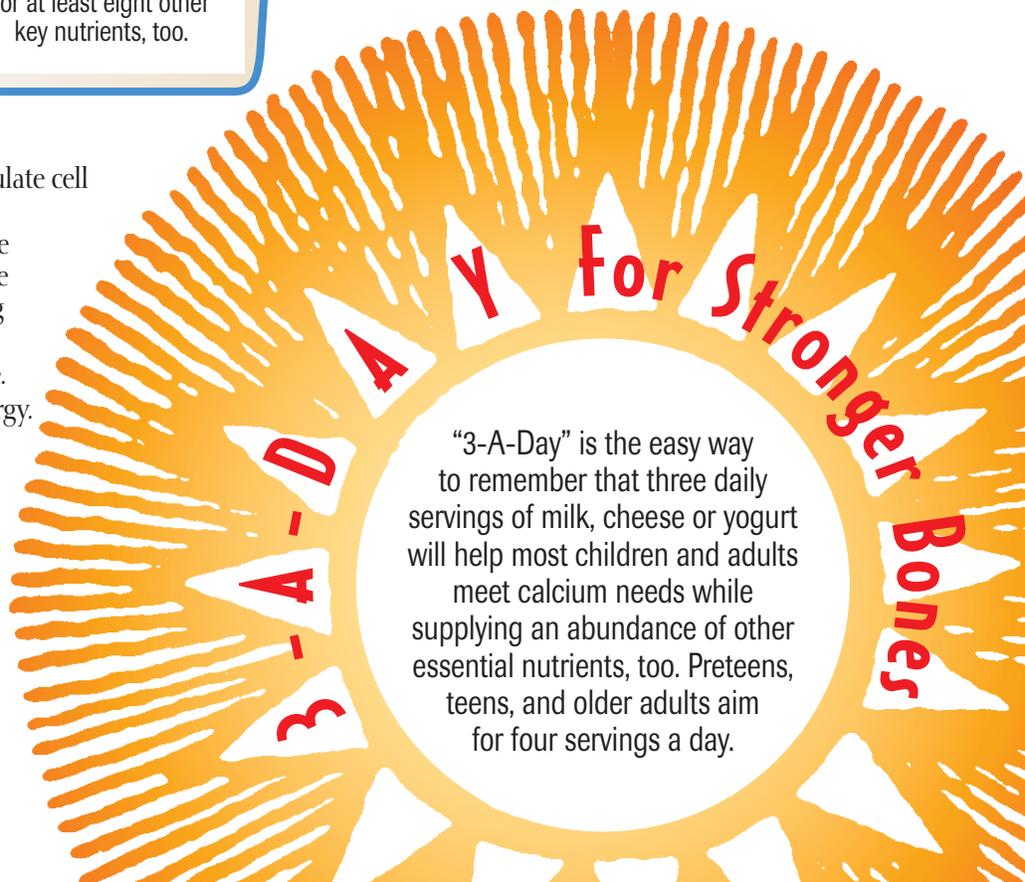
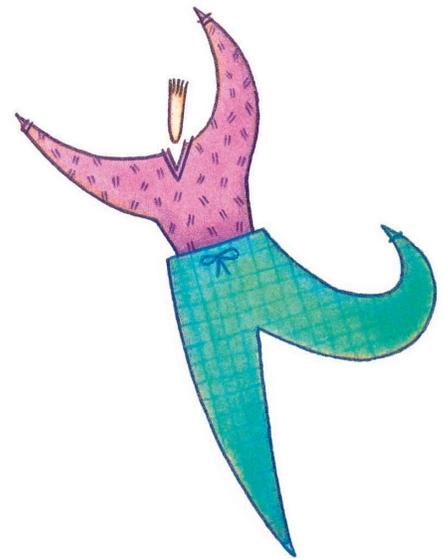
Most of us aren't making enough time for dairy foods including milk, cheese and yogurt. Without them, it's tough to meet calcium needs.

In fact, close to 75% of Americans are shortchanging themselves of this key bone-building mineral. Meeting calcium needs with milk, cheese and yogurt helps ensure you are meeting your needs for at least eight other key nutrients, too.

CALCIUM REQUIREMENTS

GROUP	ADEQUATE INTAKES* (mg of calcium)
CHILDREN	
1-3 years	500
4-8 years	800
PRETEEN/TEENS	
9-18 years	1,300
ADULTS	
19-50 years	1,000
50+	1,200

*Source: National Academy of Sciences, 1997



"3-A-Day" is the easy way to remember that three daily servings of milk, cheese or yogurt will help most children and adults meet calcium needs while supplying an abundance of other essential nutrients, too. Preteens, teens, and older adults aim for four servings a day.

THE GREAT DEBATE — TO POP OR NOT?

When you're busy, it may seem easy to pop a pill to get your calcium. But even if you're on the go, you can meet daily calcium needs by simply enjoying a large café latte en route to work, ordering milk at the drive-thru and snacking on fruit-flavored yogurt in the afternoon. Isn't it time to start rethinking food? In addition to the pleasure of eating, food provides an ideal mixture of essential nutrients that can't be captured in a pill.



**Reasons
Not to Pop**

1. Food tastes better.
2. It's easier to remember to eat than to pop a pill.
3. Food supplies many nutrients, not just calcium.

EXPERTS SAY “DON'T BE A PILL”

The American Dietetic Association, the American Medical Association and a National Institutes of Health expert panel recommend calcium-rich foods such as milk and milk products as the preferred sources of calcium — not pills.



DAIRY'S GOT A LEG UP ON THE COMPETITION

Plenty of foods contain calcium. However, it's important to emphasize that foods outside the Milk, Yogurt and Cheese Group generally contain less. You'll need to eat more of them to get the same amount of calcium found in a cup of milk, an ounce and a half of cheese or a cup of yogurt. Nevertheless, these foods do contribute to total calcium intake. The following are examples of calcium-containing foods in the Food Guide Pyramid. Some contain substances that bind with calcium, so it's not fully absorbed. To get the same amount of absorbable calcium from one cup of milk, you would need to consume:

■ 2¼ cups of cooked broccoli

OR

■ 5 cups of red beans

OR

■ 8 cups of spinach



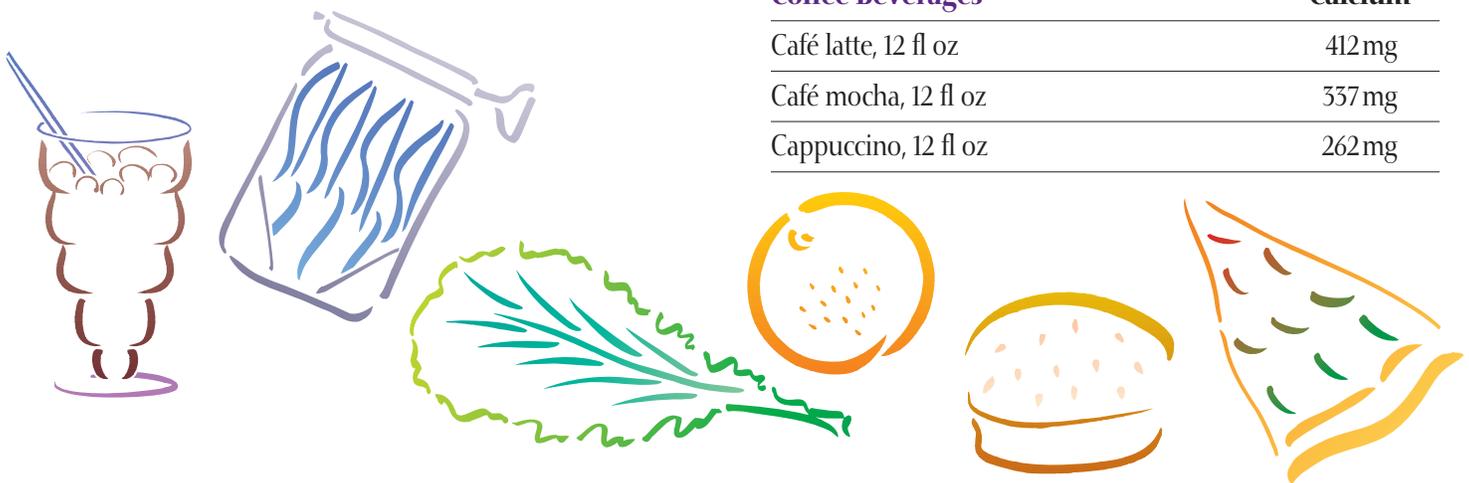
PICK 3 FOR THE NUTRIENTS YOU NEED

Choose at least three of these tasty ideas to make sure you get your 3-A-Day of Dairy:

- Start Off the Day.** Have a bowl of cereal with 1 cup of lowfat milk. Try making hot cereals with milk instead of water.
- Cool Off With Frozen Fruit Smoothies.** Add fresh strawberries, blueberries or banana chunks to a smoothie made with yogurt.
- Take A Break.** Try an iced mocha or sip steamed milk spiked with a drop of vanilla extract.
- Tempting Toppers.** Top your salad with shredded mozzarella or cheddar.
- Stir it Up.** Substitute milk for water in your sauces and soups.
- Plain Pasta?** Add flavor to pasta dishes with ricotta or Fontina cheese.
- Lowfat and fat free varieties of milk, yogurt and cheese provide the same amount of calcium as full-fat versions. Enjoy lower fat options often.

Milk Group	Calcium
Plain nonfat yogurt, 8 oz	452 mg
Plain lowfat yogurt, 8 oz	415 mg
Swiss cheese, 1½ oz	408 mg
Chocolate milk shake, 10 fl oz	374 mg
American process cheese, 2 oz	344 mg
Fruit-flavored lowfat yogurt, 8 oz	345 mg
Mozzarella cheese (part skim), 1½ oz	311 mg
Cheddar cheese, 1½ oz	306 mg
Skim, fat free milk, 1 cup	316 mg
1% lowfat milk, 1 cup	313 mg
2% reduced fat milk, 1 cup	297 mg
Whole milk, 1 cup	291 mg
1% lowfat chocolate milk, 1 cup	287 mg
2% reduced fat chocolate milk, 1 cup	284 mg
Chocolate milk, 1 cup	280 mg
Meat Group	Calcium
Sardines with bones, 3 oz	371 mg
Canned pink salmon with bones, 3 oz	181 mg
Almonds, dried roasted, whole, ⅓ cup	126 mg

Vegetable Group	Calcium
Frozen cooked kale, ½ cup	90 mg
Frozen cooked okra, ½ cup	88 mg
Fresh cooked beet greens, ½ cup	82 mg
Frozen cooked chopped broccoli, ½ cup	47 mg
Fruit Group	Calcium
Orange, 1	52 mg
Grain Group	Calcium
Enriched English muffin, 1	98 mg
Pancakes, made with milk, 2 (4" diameter)	166 mg
Hamburger bun, 1	60 mg
Corn tortilla, 1 (6" diameter)	46 mg
Packet instant oatmeal (nonfortified), 1	19 mg
Ready-to-eat cereal, 1 oz (check labels for calcium content)	
Combination Foods	Calcium
Baked potato with cheese, 1	350 mg
Taco salad, 1 (1½ cups)	245 mg
Cheese pizza, 1 slice (⅛ of 12" diameter pizza)	116 mg
Taco, 1 small (6 oz)	220 mg
Coffee Beverages	Calcium
Café latte, 12 fl oz	412 mg
Café mocha, 12 fl oz	337 mg
Cappuccino, 12 fl oz	262 mg



FOR MORE INFORMATION CONTACT...



- 3aday.org
 - nationaldairycouncil.org
 - NATIONAL DAIRY COUNCIL®
- For more information about nutrition education materials, call 1-800-426-8271 for the DAIRY COUNCIL® office nearest you.