

Calcium Counts

Recommended Daily Calcium Amounts

Age Group	Calcium	Num. of Daily Servings Needed* (8 oz. glass of milk, 1 1/2 oz. cheese, 8 oz. yogurt.)
** Children 1 – 3 yr.	500 mg.	3
Children 4 – 8 yr.	800 mg.	3
***Teens 9 – 18 yr.	1300 mg.	4
Adults 19 – 50 yrs.	1000 mg.	3
Adults 51 + yrs.	1200 mg.	4

** Serving size for a child in this age range is equal to 2/3 cup or 6 ounces. Most children under 2 are encouraged to drink whole milk but some children may be advised to drink reduced fat (2%) milk. Talk with your physician or a registered dietitian to determine which milk is best for your child.

*** These are prime bone building years when nearly half of the adult skeleton is formed.

+ Source: Institute of Medicine, National Academy of Science, 2002

Make a Lifetime Calcium Commitment

Calcium does more than build bones and protect against osteoporosis. Research shows that calcium may also help:

- ✓ Reduce high blood pressure
- ✓ Reduce the risk of certain cancers
- ✓ Maintain a healthy weight

Calcium Sources

Milk Group

Plain Nonfat Yogurt, 1 - 8 oz. cup	450 mg
Swiss Cheese, 1 1/2 oz.	408 mg
Chocolate Milk, 1% low-fat, 1 - 8 oz. cup	320 mg
Mozzarella Cheese Stick (part skim), 1 oz.	183 mg
Cheddar Cheese, 1 1/2 oz.	306 mg
Fruit Flavored low-fat Yogurt, 1 – 8 oz. cup	300 mg
Milk (whole, reduced, low & nonfat) 1 – 8 oz. cup	300 mg
Lactose Reduced Milk, 1 – 8 oz. cup	300 mg
American Processed 1 oz. Cheese Slices	175 mg
Pudding (made with milk), 1/2 cup	150 mg
Ice Cream, 1/2 cup	88mg
Reduced Fat Cottage Cheese (2%), 1/2 cup	78 mg

Meat Group

Canned Pink Salmon with Bones, 3 oz.	181 mg
Almonds, 1 oz. (22 nuts)	75 mg
Canned Beans – Pinto, 1 cup	103 mg
Kidney, 1 cup	61 mg
Lack, 1 cup	46 mg

Vegetable Group

Frozen Cooked Collard Greens, 1/2 cup	179 mg
Frozen Chopped Turnip Greens, 1/2 cup	125 mg
Frozen Chopped Broccoli, 1/2 cup	47 mg

Fruit Group

Orange, med. (2 5/8" diam.)	52 mg
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Grain Group

Corn Tortilla, 1 (6" diam.)	42 mg
Whole Wheat Bread, 1 slice	20 mg

Combination Foods

Taco, small	221 mg
Regular Cheeseburger	111 mg
Cheese Pizza, 1 slice (1/8 12" diam.)	117 mg
Box Macaroni and Cheese, 1 cup	164 mg

*Coffee Beverages made with milk

Café Latte, 12 fl. oz. (Tall)	350 mg
Café Mocha, 12 fl. oz. (Tall)	300 mg
Cappuccino, 12 fl. oz. (Tall)	200 mg

Sources: Bowes & Church's Food Values of Portions Commonly Used, 2005; Handbook of Dairy foods and Nutrition, 2007

* Starbucks Coffee Company, 2007



Dairy Foods: Nutrient Rich

The 2005 Dietary Guidelines recommends that Americans include 3 servings of low-fat or fat-free dairy foods in their diet each day. Three daily servings of milk, cheese or yogurt help Americans meet their needs for calcium and other key nutrients.

Catch the Calcium Craze

- Milk Group foods are the best source of calcium in the American diet and a great source of other essential nutrients. Milk, cheese and yogurt provide a powerful package of nutrients needed for a healthy body.
- People who get their calcium from Milk Group foods also get vitamin D, a nutrient that helps the body absorb and use calcium.
- Besides keeping bones strong, Milk Group foods may help reduce the risk of high blood pressure, kidney stones, and certain cancers.
- Get your calcium from food first! Nutrient rich milk and milk products are the most reliable sources of calcium.



Choose Food First

"3-A-Day of Dairy" is an easy way to remember that three daily servings of low-fat or fat-free Milk Group foods will help most children and adults meet their need for calcium and other essential nutrients.

- ✓ Make milk your mealtime beverage!
- ✓ Curb that chocolate craving with a glass of chocolate milk.
- ✓ Warm up with hot cocoa made with milk.
- ✓ Substitute milk for water in soup, oatmeal, sauces, mashed potatoes, pancakes and scrambled eggs.
- ✓ Add cheese to soups, salads, sandwiches and casseroles.
- ✓ Top a baked potato with cheese or plain yogurt and fresh herbs.
- ✓ Order your latte, mocha or cappuccino with fat-free milk.
- ✓ Create your own breakfast parfait with yogurt, granola and your favorite fresh fruits.
- ✓ Stock up on cheese sticks and yogurt cups for grab and go calcium-rich snacks.
- ✓ "Pair up" cheese and fruit cubes to create snack kabobs.
- ✓ For sweet treat, try frozen yogurt.
- ✓ Ask for milk instead of soda at your favorite quick serve restaurant.
- ✓ Remember foods such as pizza, cheeseburgers, tacos and macaroni and cheese help you toward meeting your goal of three servings a day of dairy.

