



GETTING ENOUGH CALCIUM?

Simply fill out this questionnaire, tally up your calcium intake and compare your daily total with the Suggested Daily Intake on the back of this sheet. It's an easy way to estimate the amount of calcium you're getting in your diet. Remember, it is always important to talk to your health care professional about your individual calcium needs.

Answer each question on the line provided (e.g. 1 Per Day, 2 Per Day). If the answer is none, write "0." Then, tally your total and compare with the Suggested Daily Intake on back of sheet.

- On average, how many 8 oz. glasses of milk (whole, reduced-fat, skim, or lactose-free milk) do you drink?
_____ Per Day
- On average, how often do you eat a serving (1/2 cup, cooked) of deep green vegetables (broccoli, kale, etc.)?
_____ Per Day
- On average, how often do you eat a serving (1 oz.) of hard cheese (parmesan, cheddar, Swiss, etc.)?
_____ Per Day
- On average, how often do you eat a serving (1 cup) of yogurt?
_____ Per Day
- On average, how often do you eat a serving (1/2 cup; approximately 1 large scoop) of premium or low-fat ice cream?
_____ Per Day
- Do you eat any calcium-fortified foods such as cereals, juice, cottage cheese, or breakfast bars?
No Yes
If yes, how often to you eat them?
_____ Per Day
- On average, how often do you eat a serving (3 oz.) of canned salmon or sardines (including bones)?
_____ Per Day
- Do you take calcium supplement?
No Yes
If yes, what type? _____ No. tabs/day_____

- How many alcoholic beverages do you have in an average day? (One alcoholic beverage equals: 5 oz. of wine, 12 oz. of beer, 1.5 oz. of hard liquor)

Wine	0	1	2	> 2
Beer	0	1	2	> 2
Liquor	0	1	2	> 2

Add Total _____

- Do you take any multivitamin supplements?

No Yes

- What medications do you currently take?

Calculating calcium intake: Using the answers to questions above, multiply the number of servings per day by the number of milligrams provided then add it up for an estimated daily calcium intake.

- # of glasses x 300 _____mgs
- # of servings x 150 _____mgs
- # of servings x 200 _____mgs
- # of servings x 400 _____mgs
- # of servings x 400 _____mgs
- # of servings x 200 _____mgs
- # of servings x 150 _____mgs
- # of mgs of calcium per tablet ___ x ___ tablets = ___ mgs

Daily Total _____mgs

Compare Daily Total with Suggested Daily Intake on Back.

CALCIUM

Calcium is important for preventing osteoporosis and bone disease, as it's a major building-block of our bone tissue. Our skeleton houses 99% of our body's calcium stores. The calcium in our bones also acts as a reservoir for maintaining calcium levels in the blood, which is essential for healthy nerves and muscles.

Suggested Daily Intake

INFANTS - YOUNG ADULTS	
Age	Milligrams
Birth to 6 Months	210
7 Months to 1 Year	270
1 to 3 Years	500
4 to 8 Years	800
9 to 18 Years	1,300

ADULTS	
Age	Milligrams
Men / Women (< 51 years)	1,000
Postmenopausal Women <i>on Estrogen</i>	1,200
Postmenopausal Women <i>NOT on Estrogen</i>	1,500
Men / Women (51 years +)	1,200
Pregnant and Lactating Women	1,200

Reference Chart

Below is a list of the calcium content of different foods. Serving sizes are based on average portions, and calcium content is approximate. Please remember that the calcium content given for the foods listed is approximate. This is because calcium content varies depending on the method of production, recipe, or brand.

Product	Serving Size	Calcium (mg)
Milk		
Milk (skim)	8 oz	302
Milk (whole)		291
Milk, low fat chocolate		287
Almond milk		103
Yogurt		
Yogurt, non fat	8 oz	452
Yogurt, low fat		415
Cheese		
Hard cheese - e.g. Cheddar	1 oz	240
Soft cheese - e.g. Brie		120
Feta		140
Mozzarella (part skim)		183
Cream cheese		180
Meat, Fish and Eggs		
Egg	1.5 oz	27
Tofu	4 oz	126
Chicken		17
Fish		20

Product	Serving Size	Calcium (mg)
Vegetables		
Collard green	1 cup	357
Kale		179
Broccoli (cooked)		178
Carrots (raw)	½ cup	36
Fruits		
Orange	4 oz	60
Figs, dried	2 oz	96
Raisins		62
Beans and Lentils		
Lentils	4 oz raw 8 oz cooked	53
White beans		176
Red beans		124
Green / French beans		66
Other		
Ice cream, vanilla	½ cup	85
Vanilla soft serve		113
Frozen yogurt		90
Rice pudding		152