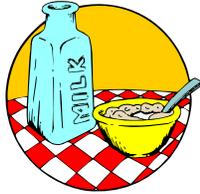


HERE IS A DAY'S MENU WITH CALCIUM RICH FOODS (*)

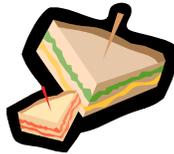


Breakfast

- *instant oatmeal
- orange juice
- *lowfat milk

Lunch

- *grilled cheese sandwich
- *cream soup (made with lowfat milk)
- fruit
- *lowfat milk



Dinner

- *salmon patties
- *broccoli
- tossed salad
- peanut butter cookie
- *lowfat milk



Snack

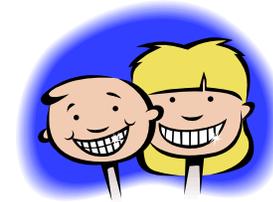
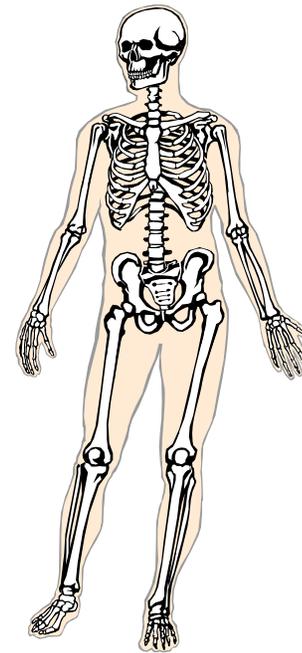
- *cheese cubes
- fruit

COMMONWEALTH OF KENTUCKY
DEPARTMENT FOR PUBLIC HEALTH
275 EAST MAIN STREET, HS2W-D
FRANKFORT, KY 40621-0001
AN EQUAL OPPORTUNITY EMPLOYER M/F/H
5.8L 08/05 PAM – DHS 100



CALCIUM

Everyone needs calcium for blood clotting, heartbeat and proper nerve and muscle function. Babies and growing children and young adults also need calcium to build strong bones and teeth.



CALCIUM RICH FOODS

BEST SOURCES

Regular and lowfat[♥] milk
cheese
yogurt (regular and
lowfat[♥] yogurt)

[♥] lowfat = heart healthy

GOOD SOURCES

dry beans peas
ice cream spinach
broccoli almonds
instant oatmeal greens
frozen yogurt (regular and
lowfat[♥] yogurt)

COMBINATION FOODS

These foods contain less calcium
However, they can contribute to
total calcium intake.



baked potato with topping
of cheese & beans



Taco, 1 small



cheese pizza, 1 slice



Taco salad, 1

MILK/CALCIUM EQUIVALENTS

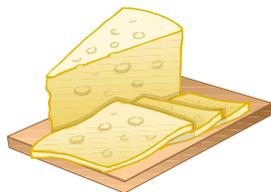


1 cup yogurt

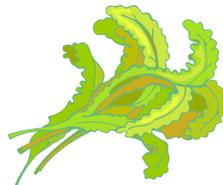
1 cup milk equals
(8 ounces)



1½ cups ice cream



1 ounce cheese
(4 cubes of cheese)



1 cup cooked greens



3 ounces canned salmon

HOW MUCH CALCIUM DO YOU NEED EVERY DAY?

AGE	NUMBER OF SERVINGS	SIZE
Children 1 – 3	3 servings	¼ to ½ cup
Children 4 – 8	3 servings	½ cup to 1 cup
Children 9 – 13	4 servings	1 cup
Children 14 – 18	4 servings	1 cup
Adults 19 – 50	3 servings	1 cup
Adults 50+	4 servings	1 cup
Pregnant or Breastfeeding women	3 to 4 servings	1 cup

Infants get calcium from breast milk or formula.