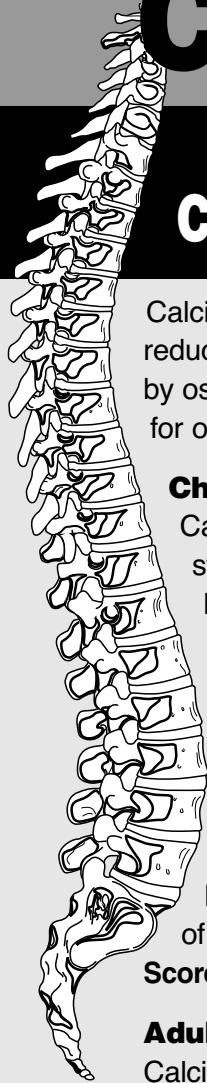


# CALCIUM COUNTS



## Make A Lifetime Calcium Commitment

Calcium helps boost bone mass, reduces the risk of a fracture caused by osteoporosis and lowers your risk for other diseases.

### Children 1–8 yr.

Calcium is needed to build strong bones and teeth that will last a lifetime. Healthy habits begin in childhood, so make milk your child's mealtime beverage. It's as easy as "3 DAIRY A DAY."

### Pre-teen/Teens 9–18 yr.

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

Score with 4 Milk Group foods each day!

### Adults 19–50; 51+ yr.

Calcium is important at every age for maintaining strong healthy bones. Getting "3 DAIRY A DAY" will help most adults get all the calcium they need.

Adults over 50 serve yourself 4 Milk Group foods everyday to protect your bones.

## Calcium Connections

Calcium does more than build bones and protect against osteoporosis.

Research shows you can count on calcium to protect against:

- High Blood Pressure
- Colon Cancer
- Kidney Stones

## CALCIUM SOURCES

### Milk Group

### Calcium

Plain nonfat yogurt, 1 cup	450 mg
Swiss cheese 1 1/2 oz	408 mg
Chocolate milkshake 10 fl oz	320 mg
Mozzarella cheese (part skim) 1 1/2 oz	311 mg
Cheddar cheese 1 1/2 oz	306 mg
Fruit flavored lowfat yogurt 1 cup	300 mg
Milk (whole, reduced, low & nonfat) 1 cup	300 mg
Custard (mix) 1/2 cup	197 mg
American process cheese 1 oz	150 mg
Pudding 1/2 cup	150 mg
Soft serve ice cream 1/2 cup	113 mg
Soft serve frozen yogurt 1/2 cup	106 mg
Ice cream 1/2 cup	88 mg
Cottage cheese 1/2 cup	70 mg

### Meat Group

Canned pink salmon with bones 3 oz	181 mg
Almonds 1/3 cup	120 mg
Canned beans—Pinto 1 cup	103 mg
Kidney 1 cup	69 mg

### Vegetable Group

Frozen cooked collard greens 1/2 cup	179 mg
Frozen cooked kale 1/2 cup	90 mg
Frozen cooked broccoli 1/2 cup	47 mg

### Fruit Group

Orange	52 mg
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### Grain Group

Corn tortilla 1 (6" diameter)	44 mg
White bread 1 slice	27 mg

### Combination Foods

Homemade macaroni & cheese 1 cup	362 mg
Baked potato with cheese	311 mg
Taco small 6 oz	221 mg
Regular cheeseburger	141 mg
Cheese pizza 1 slice (1/8 12" diameter)	117 mg
Box macaroni & cheese 1 cup	100 mg

### \*Coffee Beverages

Caffé latte, 12 fl oz	418 mg
Caffé mocha, 12 fl oz	373 mg
Cappuccino, 12 fl oz	268 mg

Sources: Bowes & Church's Food Values of Portions Commonly Used, 1998  
\*Starbucks Coffee Company, 1998

Use the amounts below to see what you need

### Recommended Daily Calcium Amounts

Age group	Calcium needed (mg)	Number of daily servings† needed
**Children 1–3 yr.	500 mg	3
Children 4–8 yr.	800 mg	3
Teens 9–18 yr.	1,300 mg	4
Adults 19–50 yr.	1,000 mg	3
Adults 51+ yr.	1,200 mg	4

\*\*Serving size for a child is equal to 2/3 cup.

† A serving is equal to 1–8 oz glass of milk, 1-1/2 oz of cheese or an 8 oz serving of yogurt.

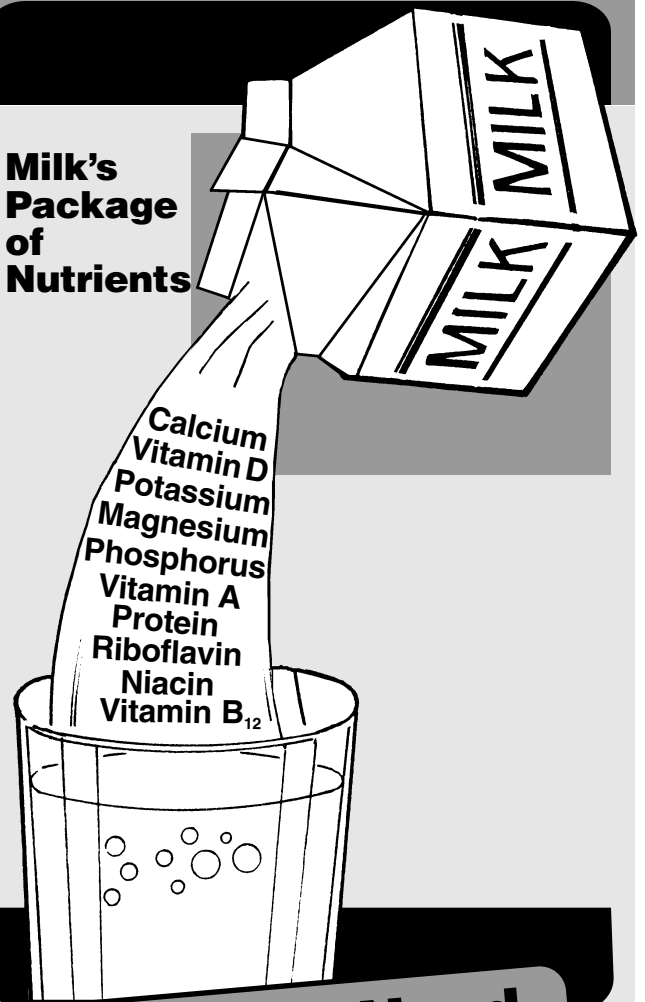
Source: Dietary Reference Intakes, National Academy of Sciences, 1997.

## 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. They provide a **whole package of nutrients** needed for a healthy body.
- People who meet their calcium needs with Milk Group foods have the **Dairy Advantage** by also meeting their needs for other bone building nutrients like vitamin D. Vitamin D helps the body absorb calcium.
- Milk Group foods may reduce the risk of high blood pressure, kidney stones, osteoporosis and certain cancers.
- **Find Calcium in Food First!** All the nutrients in Milk Group foods are not provided in a pill. People who take calcium supplements only increase their calcium intake. Supplements do not replace good eating habits!

**THINK FOOD FIRST!**

### Milk's Package of Nutrients



## Check 3 For The Nutrients You Need

**"3 DAIRY A DAY"** is an easy way to remember that three daily servings from the Milk Group will help most children and adults meet their need for calcium and other essential nutrients.

- Make milk your mealtime beverage!
- Warm up with hot chocolate made with milk.
- Curb that chocolate craving with a glass of chocolate milk.
- Substitute milk for water in soup, hot cereals, sauces, mashed potatoes, rice, pancakes and scrambled eggs.
- Add cheese to soups, salads, sandwiches and casseroles.
- Top a baked potato with cheese, yogurt or cottage cheese.
- Sip a caffè latte, caffè mocha or cappuccino made with milk.
- Enjoy yogurt with meals or create a parfait of yogurt and fruit for a snack.
- Snack on cheese and fruit.
- Choose pudding, custard, ice cream, a milkshake or frozen yogurt for your **"dairy good dessert!"**
- Remember foods such as pizza, tacos, cheeseburgers and macaroni & cheese all count toward your goal of **"3 DAIRY A DAY."**

**3  
DAIRY  
A DAY**