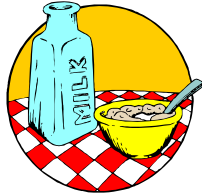


HERE IS A DAY'S MENU WITH CALCIUM RICH FOODS (*)

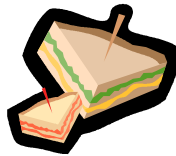


Breakfast

- *fortified Instant oatmeal
- orange juice
- *milk

Lunch

- *grilled cheese sandwich
- *creamed soup
- fruit
- *milk



Dinner

- *salmon patties
- *broccoli
- *baked potato
- peanut butter cookie
- *milk



Snack

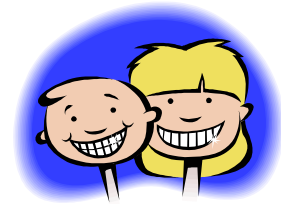
- *cheese
- fruit



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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

milk
cheese
yogurt (regular and yogurt)

GOOD SOURCES

dry beans, peas & lentils,
ice cream, ice milk,
broccoli, spinach & greens
instant oatmeal (fortified with calcium), almonds

MILK EQUIVALENTS



1 cup milk equals

1 cup yogurt



1½ cups ice cream

1 ounce cheese

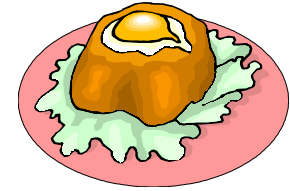
1 cup cooked greens



3 ounces canned salmon

COMBINATION FOODS

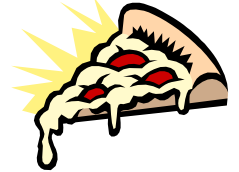
These foods contain less calcium than those from the Dairy group. However, they can contribute to total calcium intake.



baked potato with topping of cheese & beans



Taco, 1 small



cheese pizza, 1 slice



Taco salad, 1

HOW MUCH CALCIUM DO YOU NEED EVERY DAY?

AGE	NUMBER OF MILK GROUP SERVINGS
Children 1 – 3	3 servings (serving sizes are 2/3 of adult size)
Children 4 – 8	3 servings (serving sizes are 2/3 of adult size)
Children 9 – 18	4 servings
Adults 19 – 50	3 servings
Adults 50+	4 servings
Pregnant or	4 servings

Breastfeeding women

Infants get calcium from breastmilk or formula

Reference: Dietary Reference Intakes (adequate Intakes or AI's) 8-97, National Academy of Sciences