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

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
- cheese pizza, 1 slice
- Taco salad, 1

HOW MUCH CALCIUM DO YOU NEED EVERY DAY?

<table>
<thead>
<tr>
<th>AGE</th>
<th>NUMBER OF MILK GROUP SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 1 – 3</td>
<td>3 servings (serving sizes are 2/3 of adult size)</td>
</tr>
<tr>
<td>Children 4 – 8</td>
<td>3 servings (serving sizes are 2/3 of adult size)</td>
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<tr>
<td>Children 9 – 18</td>
<td>4 servings</td>
</tr>
<tr>
<td>Adults 19 – 50</td>
<td>3 servings</td>
</tr>
<tr>
<td>Adults 50+</td>
<td>4 servings</td>
</tr>
<tr>
<td>Pregnant or</td>
<td>4 servings</td>
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<tr>
<td>Breastfeeding women</td>
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<tr>
<td>Infants get calcium from breastmilk or formula</td>
<td></td>
</tr>
</tbody>
</table>

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