



spotlight on health

Calcium Meal Makeover

Calcium Equivalency Chart

Food Serving	Size	Calcium (mg)
Live & Active Culture Yogurt (plain)	One cup	450 mg
Calcium-fortified Orange Juice	One cup	300 mg
Milk (nonfat)	One cup	300 mg
Chocolate milk 1%	One cup	285 mg
Swiss Cheese	One ounce	270 mg
Cheddar cheese	One ounce	205 mg
Salmon (edible with bones)	3 ounces	180 mg
Frozen yogurt	1/2 cup	155 mg
Turnip greens, cooked	1/2 cup	125 mg
Dried figs	3	80 mg
Broccoli, cooked	1/2 cup	35 mg

Source: The Food Processor. Esha Research 7.0, 1998 Ⓟ

by Jodie Shield, M.Ed., RD, LD (NAPSA)—If you're like most people you know how important it is to get enough calcium each day. How much is enough?

The good news is you don't need an advanced degree or even a calculator to figure how much you need. By incorporating a few calcium-rich foods into your daily diet, you're well on your way to meeting your calcium quota.



J. Shield Ⓟ

The first step is to understand the guidelines for calcium intake by age group. The second step is knowing how much calcium certain foods contain. Become familiar with calcium-rich foods, like live and active culture yogurt, milk, cheese, salmon and broccoli.

If you're a woman between the ages of 19 and 50 you need 1,000mg of calcium per day. It's easy to reach this quota by simply adding calcium-rich foods to your meal.

Creative and convenient ways to add calcium:

For breakfast, top a waffle with a 1/2 cup of live and active culture yogurt (225 mg)

Add 1/2 cup milk to coffee to make a "latte" (150 mg)

Dietary Reference Intakes

Age Group (years)	Adequate Intake (mg/day)
1-3	500mg
4-8	800mg
9-18	1,300mg
19-50	1,000mg
51+	1,200mg

Source: Food and Nutrition Board, Institute of Medicine of the National Academy of Sciences Ⓟ

For an afternoon snack, mix 1 cup plain yogurt with granola (450 mg)

For lunch, have an open-face salmon salad sandwich on a whole grain muffin (180 mg)

Mix 1 cup broccoli into a stir fry (70 mg)

Few foods help deliver the calcium needed at every stage of life better than yogurt. Some yogurts contain up to 35 percent of the Recommended Daily Intake (RDI) for calcium; most standard serving sizes contain slightly more calcium than do equivalent servings of milk. Yogurt is available in a variety of flavors and fat levels. Because it comes in so many flavors and varieties, yogurt can appeal to every member of the family.

For additional information on calcium and yogurt visit www.aboutyogurt.com.