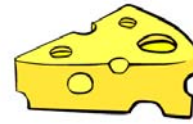




Build Strong Bones With Calcium



What is Calcium

Calcium is an important mineral that can be found mostly in teeth and bones. It has many important functions in the human body such as:

- Building strong bones and teeth
- Helping muscles contract
- Sending messages through nerves in the body
- Helping blood clot
- Possibly lowering the risk of lead poisoning in children
- Preventing osteoporosis

Calcium has also been linked to many health benefits. Some research has proven consuming low-fat dairy products in the required amounts for your age group may reduce blood pressure and heart disease risk factors. It also can be linked to a reduced risk of developing specific cancers and kidney stones.

How much Calcium do I need daily?

Life Stage	Age (years)	Amount of Calcium Needed/ Day (mg)
Children	1-3	500
	4-8	800
Males	9-18	1300
	19-50	1000
	> 51	1200
Females	9-18	1300
	19-50	1000
	> 51	1200
Pregnancy	14-18	1300
	19-50	1000
Lactation	14-18	1300
	19-50	1000

*Children age 2-8 are recommended to drink 2 cups of milk/ day.

Children age 9 and above are recommended to drink 3 cups of milk/day.

What Foods Contain Calcium?

Low-fat milk and other foods found in the dairy group can supply your body with calcium. Some of these other foods include yogurt and cheese. If you don't like or can't eat milk or dairy products, don't worry. Calcium can be found in other foods besides those in the dairy group. Green leafy vegetables, tofu, legumes, and calcium-fortified juices can also help you get the calcium you need.

High Calcium Foods and the Amount Provided

- Plain Yogurt, low fat, 8 oz- 415 mg
- Fruit Yogurt, low fat, 8 oz- 245-384 mg
- Canned Sardines, with bones, 3 oz- 324 mg
- Cheddar Cheese, 1 ½ oz shredded- 306 mg
- Milk, non-fat, 8 fl oz- 302 mg
- Mozzarella, part skim, 1 ½ oz- 275 mg

*For more information on Calcium, visit <http://www.3-A-Day.org>



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