

Are You Getting Enough Calcium?

Calcium is a mineral that is mostly present in your bones. During adolescence, about 75-85% of the skeleton is formed. Bones grow and incorporate calcium most rapidly during this time.

Adolescents require about 1300 mg of calcium each day. See the table below for the calcium content of common foods and check the nutrition label to choose foods high in calcium when you prepare foods. Also choose foods that are fortified with calcium.

Food	Servings	Calcium Content	Foods I Ate
Milk, whole or low fat	1 cup	300 mg	
Rice/soy milk	1 cup	400 mg	
White or black beans	1 cup	130 mg	
Fortified cereal	1 cup	300 mg	
Broccoli, cooked	1 cup	75 mg	
Spinach, cooked	1 cup	260 mg	
Cheddar cheese	1.5 oz	300 mg	
Mozzarella cheese	1.5 oz	300 mg	
Almonds	2 oz	150 mg	
Salmon with bones	3 oz	180 mg	
Orange juice, calcium fortified	1 cup	300 mg	
Orange medium	1	300 mg	
Sweet potatoes, mashed	½ cup	44 mg	
Ice cream	1 cup	236 mg	
Frozen yogurt	1 cup	200 mg	
		Total	
		calcium =	

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Calculate how much calcium you consume each day by looking at the chart above. Did you consume the recommended 1300 mgs?

Daily calcium intake each day _____ mgs.