

Slipping Calcium Easily Into Your Daily Eating Plan

This menu shows you just how simple slipping calcium-rich foods can be into your meals every day. The following menu provides 1,200 milligrams of calcium from food sources.

Breakfast

- 1 cup bran flakes cereal topped with 1 cup skim milk, ¼ cup sliced bananas ¼ cup fresh blueberries
- Brewed coffee

Snack

- 1 ounce dry roasted whole almonds (about ¼ cup)
- 1 medium fresh apple
- Water

Lunch

- Large spinach salad topped with chopped carrots, celery, cherry tomatoes and cucumber, topped with 3 ounces canned salmon with bones, ¼ cup grated mozzarella cheese
- 2 Tbsp vinaigrette dressing
- 6 ounces light fruited yogurt
- Water with wedge of lemon

Snack

- 4 ounces calcium fortified low-fat cottage cheese
- ½ cup fresh pineapple wedges
- Water with wedge of lemon

Dinner

- 3 ounces grilled marinated chicken breast
- 1 cup wild rice pilaf
- 2 cups steamed broccoli florets
- Unsweetened brewed ice tea



This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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Calcium 101

How it does a body good



Calcium is so Important

It's no surprise that calcium is important for building strong bones and teeth. But most people don't realize calcium is needed each day for total body health, too. This important mineral helps transmit nerve impulses, regulate muscle contraction and heartbeat, and even plays a role in blood clotting. What's more, a growing body of evidence shows that adequate calcium in the diet helps fight high blood pressure and may reduce the risk of colon cancer.

Most Americans believe they are getting enough calcium in their diet every day. But the fact is, they're not. Inadequate intake of calcium, called calcium deficiency, runs rampant across all age ranges, from childhood to adulthood. The impact of calcium deficiency can have long-term consequences.

Your body requires a certain level of calcium in the bloodstream at all times. So when blood calcium levels drop too low, this vital mineral is "borrowed" from your bones. It is only returned to the bones when (and if) calcium is supplied through your diet. If your diet is chronically low in calcium, there will be insufficient amounts available to maintain good health or strong bones.

How Much Calcium Do I Need to Avoid Deficiency?

The following table lists the amount of calcium needed each day based on age range:

Age Range—Males & Females	Daily Calcium Needs (in mg)
Birth–6 months	210
7 months–1 year	270
1–3	500
4–8	800
9–18	1,300
19–30	1,000
31–50	1,000
51–70	1,200
71+	1,200
Pregnant & Lactating	Same as other women of comparable age

* Based on Dietary Reference Intake Values for Calcium, National Academy of Sciences, 1997

Increasing Calcium in Your Diet

Although other important nutrients like vitamins D and K, potassium and magnesium are also important to good health, calcium is a critical player. Dairy foods are known to be one of the richest sources of calcium in the diet, but there are plenty of other foods that are good sources. So if milk or yogurt isn't on your list of favorite foods, try serving yourself a few daily doses of any of the foods listed below.

Food	Serving Size	Approx. Amount of Calcium
Dairy		
Milk	1 cup	300-350
Lactose-free milk	1 cup	300-550
Buttermilk	1 cup	280
Yogurt	6 ounces	250-300
Cottage cheese	4 ounces	70-200
Cheddar cheese	1.5 ounces	300
Frozen yogurt	½ cup	85-100
Ice cream	½ cup	85-100
Soy		
Calcium-fortified soy milk	1 cup	300
Tofu set in calcium	3 ounces	550
Soy yogurt	6 ounces	300
Canned soybeans, drained	4.5 ounces	100
Other Foods		
Calcium-fortified rice milk	1 cup	300
Calcium-fortified orange juice	1 cup	350
Canned sardines with bones	3 ounces	350
Canned salmon with bones	3 ounces	211
Steamed kale (and other dark leafy greens)	2.5 ounces	90-100
Steamed broccoli florets	5 ounces	75
Dried almonds, whole	1 ounce	70

* Information derived from ESHA Food Processor for Windows, version 8.6.0

Besides these naturally occurring food sources, there are a variety of calcium-fortified cereals, cereal bars, snacks, fitness water and other beverages to help meet your daily calcium needs. Just make sure you read the Nutrition Facts Panel of the food label to see what percent of the Daily Value (DV) a single serving of a food provides. If a food provides 20 percent or more of the DV, it is a good source of calcium.

What About Calcium Supplements?

Calcium supplements typically contain calcium citrate or calcium carbonate. Check the label to see which form the supplement contains. Calcium citrate does not need to be taken with meals, but calcium carbonate is better absorbed when taken with meals. Calcium is absorbed most efficiently by the body when it is taken in amounts of 500 milligrams or less at a time. So if your daily calcium supplement intake is 1,000 milligrams, make sure you split it into two or more doses over the course of the day. If you decide to supplement with calcium pills, it's important to consult with your doctor or pharmacist. Calcium supplements can impair absorption of some medications, so it's important you know any potential risks or side effects first.

Here's to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit www.heinens.com/healthyappetite. Here's to your good health!