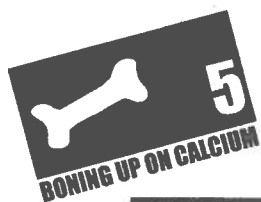


Calcium Calculator

Instructions: Think about what you ate for breakfast, lunch, dinner, and snacks yesterday. Look at the list of foods below. Circle the stars beside foods you ate yesterday (or on a typical day). Be sure to look at the serving size beside the food. If you ate more than the amount listed, draw extra stars in the "Extra Stars" column. If you ate less than the amount listed, do not circle all of the stars beside the food. Next, count the total number of stars you circled and drew in the "Extra Stars" column. Use the key on the third page to check your results.

Note: One star equals about 100 milligrams of calcium.

<u>Extra Stars</u>		<u>Serving Size</u>	<u>Milligrams</u>
	<u>Dairy Foods</u>		
_____	★★★ non-fat dry milk, either stirred into food, or reconstituted with water	1/4 cup dry	377
_____	★★★ ricotta cheese, part skim milk	1/2 cup	337
_____	★★★ yogurt	6 ounces	280
_____	★★★ milk shake	10 ounces	320
_____	★★★ milk	1 cup	300
_____	★★★ buttermilk	1 cup	285
_____	★★★ chocolate milk	1 cup	280
_____	★★ natural cheese	1 ounce	200
_____	★★ processed cheese	1-ounce slice	150
_____	★ cottage cheese, 1 percent fat	1/2 cup	69
_____	★ ice cream, soft serve	1/2 cup	125
_____	★ hot cocoa mix (made with water)	3/4 cup	105
_____	★ pudding	4 ounces	102
_____	★ milk, condensed, sweetened, canned	2 tablespoons	100
_____	★ cheese sauce	2 tablespoons	93
_____	★ ice cream	1/2 cup	90
_____	★ milk, evaporated, canned	2 tablespoons	80
_____	cream cheese	2 tablespoons	20
_____	sour cream	1 tablespoon	14
_____	butter	1 tablespoon	2



<u>Extra Stars</u>		<u>Serving Size</u>	<u>Milligrams</u>
	<u>Mixed Dishes</u>		
_____	★★★ grilled cheese sandwich (2 slices bread and 2 ounces processed American cheese)	1	340
_____	★★ taco with cheese	small, 6 ounces	221
_____	★★ pizza	$\frac{1}{4}$ of 12 inch	220
_____	★★ enchilada with cheese	1	218
_____	★★ waffle	1	191
_____	★★ cream soup, prepared with milk	1 cup	185
_____	★★ tostada	1	181
_____	★★ lasagna	1 cup	150
_____	★ pancakes	2	128
_____	★ macaroni and cheese	1 cup	120
_____	★ potatoes au gratin	$\frac{1}{2}$ cup	102
	<u>Non-dairy Foods</u>		
_____	★★★ sardines, canned with bones	2 ounces	250
_____	★★ salmon, canned with bones	3 ounces	196
_____	★★ collard greens, frozen, boiled	$\frac{1}{2}$ cup	179
_____	★★ molasses, blackstrap	1 tablespoon	172
_____	★ tofu made with calcium	$\frac{1}{3}$ cup	134
_____	★ turnip greens	$\frac{1}{2}$ cup	125
_____	★ kale, frozen, boiled	$\frac{1}{2}$ cup	90
_____	★ almonds	1 ounce	79
_____	★ dry beans and dry peas, cooked	$\frac{1}{2}$ cup	60
_____	★ broccoli, frozen, boiled	$\frac{1}{2}$ cup	50
	<u>Fortified Foods</u>		
_____	★★★ soy/rice beverages*	1 cup	300
_____	★★★ energy bars*	1	300
_____	★★★ orange juice, fortified	$\frac{3}{4}$ cup	260
_____	★★★ cereals, fortified	1 serving	250+

* The serving size and milligram information for soy/rice beverages and energy bars is an average of values from several food labels.