

Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% ♦ Vitamin C 2%

Calcium 15% ♦ Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

An easy way to monitor the amount of calcium consumed is to look at the numbers in the % Daily Value column on the Nutrition Facts Panel.

Foods that contain at least 20 percent of calcium per serving contribute high amounts of calcium.

Foods that contain 5 percent or less calcium per serving provide minimal amounts of calcium.

Dietary Guidelines recommend...

Choose calcium foods

- 10 million Americans suffer from osteoporosis
 - 34 million more are at risk
- Are you one of them?**

Osteoporosis, also defined as porous bone, is a serious health problem affecting millions of men and women every year. Poor nutrition, eating disorders, and excessive exercise are factors that can contribute to osteoporosis.

Osteoporosis can be prevented by eating a well-balanced diet (including calcium and vitamin D), performing weight bearing exercise daily, following a healthy lifestyle (no smoking, no excessive alcohol consumption), having regular bone tests, and using medication when appropriate.

What is YOUR recommended calcium intake?

Recommended Calcium Intake

Life Stage Group (years)	DRI* (mg)
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Children

1-3 500

4-8 800

Males and Females

9-18 1,300

19-50 1,000

51-70+ 1,200

Pregnancy and lactation

18 or under 1,300

19-50 1,000

*Dietary Reference Intake

Finding calcium on the Nutrition Facts Panel

The Nutrition Facts Panel is a useful tool to help you meet your daily calcium requirement. The amount of calcium in a product is listed below the macronutrient information (fat, carbohydrate and protein) as a percent daily value (% DV). The % DV is based on a calcium requirement of 1000 milligrams (mg).

To calculate the amount of calcium provided by a food product, convert the percentage to milligrams by multiplying the percentage on the label by 10. In the sample label at the left for instance, the product contains 15% calcium; this is equal to $15 \times 10 = 150$ mg.

Foods or supplements containing more than 400 mg calcium must state that total intake of greater than 2,000 mg calcium provide no added benefit to bone health. Doses of calcium greater than 500 mg are not absorbed or used by the body. Calcium should be consumed or supplemented throughout the day in doses of 500 mg or less.

Calcium in your diet

Many foods contain calcium; the best sources are milk and dairy products. Adding dry milk powder to recipes—such as baked products, casseroles, puddings, hot cereal, and cocoa—is a great way to increase your daily calcium intake.

Many products also are being fortified with calcium; examples include fruit juices, cereals, rice, tofu, cheeses, breads, and snacks. Products that are fortified with calcium must be clearly labeled on the package. Fish, soy products, and nuts also are good sources of calcium.

Sample food sources of calcium

Food	Serving size	Calcium (mg)
Yogurt	1 cup	415
Milk	1 cup	300
Orange juice (calcium fortified)	1 cup	300
Tofu (with added calcium)	1/2 cup	258
Soy beverage (calcium fortified)	1 cup	200-300
Cheese (cheddar)	1 ounce	204
Ice cream	1 cup	176
Salmon (canned including bones)	3 ounces	167
Almonds	1 ounce	80
Broccoli	1 cup (cooked)	71
Bread (fortified with calcium)	1 slice	32

Quiz time!

1. Osteoporosis only affects post-menopausal women.

True False

2. What is needed for optimal bone health? (circle all that apply)

- a. calcium
- b. cigarettes
- c. weight bearing exercise
- d. vitamin D

3. To obtain the amount of calcium in milligrams from the food label

- a. multiply by 10
- b. divide by 10
- c. subtract 10

4. A product is fortified with calcium ONLY if it...

- a. tastes like chalk
- b. is white in color
- c. is labeled
- d. originally contains calcium

What about calcium supplements?

The best source of calcium is food, especially dairy products. Calcium consumed from a dairy product is absorbed better than calcium from other foods or supplements. Other components of dairy products, such as Vitamin D and lactose, enhance the absorption of calcium. However, if you are lactose intolerant, or do not meet your recommended need per day, calcium supplementation is an option.

A common problem calcium supplements share is digestibility. To check whether your supplement is absorbed in your body, place the calcium tablet or pill in a glass of water or vinegar and wait for 30 minutes. If the tablet or pill has dissolved, it will dissolve in your digestive system; however, if the pill is still intact your body will not dissolve and digest the supplement.

Choose calcium supplements from well-known, respected manufacturers to ensure product purity. Avoid calcium that is obtained from oyster shells, bone meal, or dolomite; these may contain higher levels of lead and other toxic metals.

Many supplements provide mega doses of minerals and could result in adverse effects. The **maximum** level of calcium per day is 2500 mg. To ensure proper dose, only select supplements that provide no more than 100% of the Dietary Reference Intake (DRI).

In nature, calcium exists in combination with other compounds. Some of these compounds are calcium citrate, calcium phosphate, and calcium carbonate. Consult your physician regarding which supplement is best for you.

Calcium Supplements

	Calcium Content (estimated mg/tablet)	Cost (low, medium, high)	Comments
Carbonate	400-600	Low	<ul style="list-style-type: none"> • High calcium content (40% per tablet) • Best absorbed with food • Readily available
Citrate & Citrate Malate	100-300	High	<ul style="list-style-type: none"> • Low calcium content (20% per tablet) • Best absorbed form • Limited availability
Phosphate	600	Medium	<ul style="list-style-type: none"> • High calcium content (39% per tablet) • Difficult to absorb • Limited availability

Answers:
1. false
2. a, c, d
3. a
4. c

File: FN 1

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