

Calcium: An Important Part of a Healthy Lifestyle

Calcium is a mineral required to build, develop, and maintain strong and healthy bones. It is important in blood clotting, blood pressure regulation, nerve function, and muscle contraction.

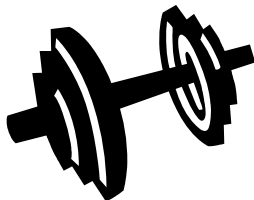
Calcium is found in many foods, not just milk products. It can also be found in beans, nuts,



seeds, and green vegetables.

Not all sources of calcium are equal. Some foods provide more calcium or calcium that is easily absorbed by the body.

Adults require 2-4 servings of calcium containing foods a day. Look inside this brochure for calcium containing foods. Aim for at least 1 excellent calcium source a day as part of your food intake. Weight-bearing exercises are another way to help your body absorb calcium.



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

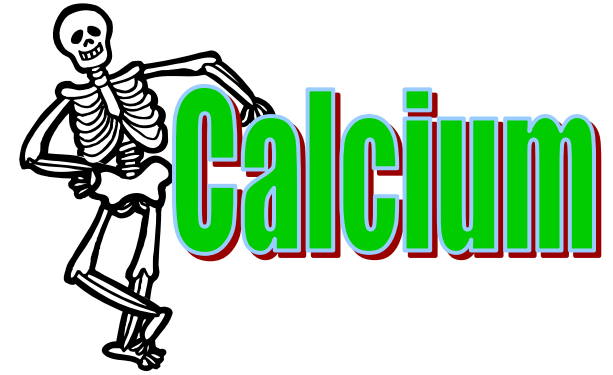
The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building

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Excellent Sources of Calcium (250-300 mg)

Milk, buttermilk	250 ml (1 cup)
Cheeses (Brick, Cheddar, Colby, Edam, Gouda)	50 g (2 oz)
Cheese pizza	1/4 of a large
Chocolate milk	250 ml (1 cup)
Lasagna	250 ml (1 cup)
Macaroni and cheese (homemade)	250 ml (1 cup)
Milkshake	375 ml (1½ cups)
Mozzarella cheese	50 g (2 oz)
Parmesan cheese	45 ml (3 Tbsp)
Processed cheese slices	2 slices
Salmon canned (with bones)	1/2 can
Yogurt (plain or fruit)	175 ml (¾ cup)
Soy beverages (enriched or fortified)	1 cup

Good Sources of Calcium (150-250 mg)

Almonds	125 ml (½ cup)
Baked beans	250 ml (1 cup)
Baked custard	125 ml (½ cup)
Cream soup (made with milk)	250 ml (1 cup)
Feta cheese	37.5g (1½ oz)
Frozen yogurt	125 ml (½ cup)
Pancakes (made with milk)	3 medium
Process cheese spread (Cheese Whiz)	45 ml (3 Tbsp)
Rhubarb	125 ml (½ cup)

Sources of Calcium (50-150 mg)

Beet greens	125 ml (½ cup)
Bok choy	125 ml (½ cup)
Brazil nuts	125 ml (½ cup)
Broccoli	175 ml (¾ cup)
Chick peas	250 ml (1 cup)
Cottage cheese	250 ml (1 cup)
Figs	4 medium
Ice Cream	175 ml (¾ cup)
Kale	125 ml (½ cup)
Kidney beans	250 ml (1 cup)
Mixed nuts	175 ml (¾ cup)
Rice pudding (or pudding)	125 ml (½ cup)
Sesame or sunflower seeds	125 ml (½ cup)
Scallops	7 pieces
Spinach	125 ml (½ cup)
Tofu (calcium sulphate or chloride)	75 ml (⅓ cup)

