Do you get enough calcium from the foods you eat? Check it out… your body will thank you!
**STEP 1: CALCULATE YOUR CALCIUM INTAKE**

**FIND** the calcium-rich foods you ate yesterday. Note that many foods commonly thought to be high in calcium do not contain enough calcium in one portion to count.

**WRITE** the number of portions you ate for each food.

**EXAMPLE:**

- 2 slices of bread

**TOTAL** the number of portions and multiply by the milligrams of calcium per portion.

**ENTER** the amount in the last column.

**ADD** the amounts in this column to get your total calcium intake.

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**CALCIUM-RICH FOODS**

<table>
<thead>
<tr>
<th>PORTION SIZE</th>
<th>NUMBER OF PORTIONS I ATE</th>
<th>TOTAL PORTIONS</th>
<th>MILLIGRAMS OF CALCIUM PER PORTION</th>
<th>TOTAL MILLIGRAMS OF CALCIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>2 slices or 70 g</td>
<td>1</td>
<td>50</td>
<td>125</td>
</tr>
<tr>
<td>Hummus</td>
<td>½ cup or 125 mL</td>
<td>1½</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EXAMPLE:**

I ate 3/4 cup of bread and 1 1/2 cups of hummus. The total is 2 1/2 portions.

- 1 cup or 250 mL of black beans, Lima beans, Lentils—cooked
- 1 cup or 250 mL of Broccoli
- ½ cup or 175 mL of Eggs
- 1 whole of English muffin or Bagel
- ½ cup or 125 mL of Gal lan, Mustard greens
- ½ cup or 125 mL of Hummus
- ½ of a Nain
- 1 medium Orange
- ¼ cup or 60 mL of Almonds
- ½ cup or 125 mL of Bak choy, Kale, Rapiní, Okra—cooked
- 1 cup or 250 mL of Chickpeas, Kidney beans,
- 1 cup or 250 mL of Pinto beans, Romano beans—cooked
- 1 cup or 125 mL of Cottage cheese—regular or low fat
- 100 g of Dessert tofu
- 1 ½ cup or 125 mL of Ice cream, Frozen yogurt
- 1 Tbsp or 15 mL of Parmesan cheese
- 1 cup or 250 mL of Baked beans, Soybeans, White beans—cooked
- 1 Tbsp or 15 mL of Blackstrap molasses
- 1 ½ cup or 125 mL of Collards—cooked
- 1 ½ cup or 125 mL of Cheese—soft and semi-soft such as
- 25 g of Blue, Feta, Mozzarella
- 1 large or 2 small of Pancake or Waffle
- ½ cup or 125 mL of Pudding—made with milk
- 100 g of Tofu—made with calcium—check labels

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**MY TOTAL**

**MY TOTAL CALCIUM INTAKE =** mg

*Add 100 mg for each portion of calcium-enriched milk or yogurt.*
STEP 2: DID YOU GET ENOUGH CALCIUM?

COMPARE your calcium intake to your recommended daily intake.

MY TOTAL CALCIUM INTAKE: _________________________ mg

MY RECOMMENDED INTAKE: _________________________ mg

RECOMMENDED CALCIUM INTAKE PER DAY (MG)

<table>
<thead>
<tr>
<th></th>
<th>1–3 YEARS</th>
<th>4–8 YEARS</th>
<th>9–18 YEARS</th>
<th>19–50 YEARS</th>
<th>51–70 YEARS</th>
<th>71+ YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td>700</td>
<td>1,000</td>
<td>1,300</td>
<td>1,000</td>
<td>1,000</td>
<td>1,200</td>
</tr>
<tr>
<td>WOMEN</td>
<td>700</td>
<td>1,000</td>
<td>1,300</td>
<td>1,000</td>
<td>1,000</td>
<td>1,200</td>
</tr>
</tbody>
</table>

*Osteoporosis Canada recommends 1,200 mg for men over 50 years old.

Did you get enough calcium?

☐ YES Great, you are on track! Look for more Ideas for Action in STEP 3 to stay on track. Are you also taking a calcium supplement? You might not need to because you are getting enough from food.

☐ NO Many people do not get enough calcium from the foods they eat. Before considering a calcium supplement, go to STEP 3 to make a plan. Experts agree that getting calcium from food is preferred."

* Dietary Reference Intakes for Calcium and Vitamin D, 2010

STEP 3: TAKE ACTION

Plans make things work!

USE the list in STEP 1 and the Ideas for Action on the next panel to make a plan to add calcium-rich foods to your diet.

SELECT one or two times of day when a change will be most realistic.

EXAMPLE:

**In the morning** I usually eat toast with jam and a coffee. Calcium-rich foods I will add: toast with cheese and a cappuccino.

MY ACTION PLAN: _________________________ I usually eat _________________________

Calcium-rich foods I will add: _________________________

**IDEAS FOR ACTION**

These ideas will help you think about and plan ways to increase your calcium.

CHECK one or two changes that you can easily make.

Concerned about fat? Remember that lower fat dairy products have all the calcium of regular dairy products.

☐ Select milk as a beverage when eating out.

☐ Stir-fry broccoli, kale or bok choy and sprinkle with toasted almonds.

☐ Use yogurt or hummus as a dip, garnish, spread or dressing.

☐ Stock up on canned salmon for use in sandwiches, salads and casseroles.

☐ Make soups with milk instead of water.

☐ Try tofu in lasagna.

☐ Make your coffee choice a cappuccino.

☐ Add cheese or chickpeas to salads and sandwiches.

☐ Select milk desserts such as custards, puddings and yogurt.

☐ Buy calcium-enriched milk or enrich your own by adding 1 Tbsp of skim milk powder per cup of milk.

☐ Add skim milk powder to cooked cereals, casseroles, hamburger patties, omelettes, mashed potatoes, etc.

☐ Consider taking a calcium supplement if you simply cannot get enough calcium from food.

STEP 4: IS YOUR PLAN REALISTIC?

THINK about your plan. Ask yourself the following questions:

- Can I picture myself carrying out this plan?
- Have I chosen foods I like?
- Are the times I plan to eat calcium-rich foods convenient for me?
- Have I chosen reasonable portion sizes?
- Are there other problems I may have? How can I overcome them?
- Am I getting enough calcium with this plan?
- Do I need to consider a calcium supplement? (The total amount of calcium you get each day from both food and supplements should be about equal to your recommended calcium intake.)

Remember, you will be more successful if you make one small change at a time.

For more information, visit www.dairygoodness.ca

Visit Canada’s Food Guide online at www.healthcanada.gc.ca/foodguide to learn more.