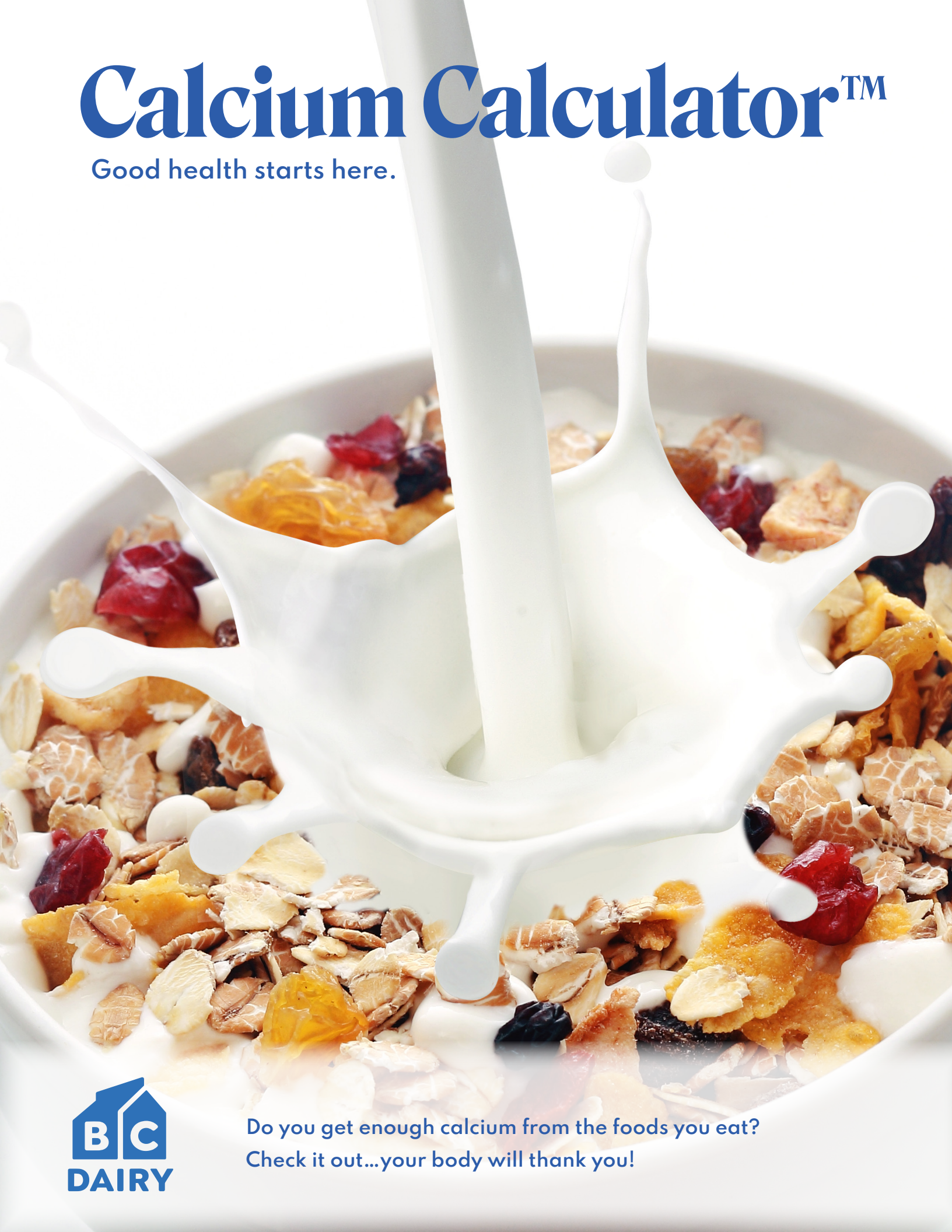


Calcium Calculator™

Good health starts here.



Do you get enough calcium from the foods you eat?
Check it out...your body will thank you!

Step 1: Calculate your calcium intake

1. **FIND** what you ate and drank yesterday that gave you calcium.
2. **WRITE** the number of portions you had for each food and drink. **Example: 2 slices of bread is 1 portion**
3. **TOTAL** the number of portions and multiply by the milligrams (mg) of calcium per portion.
4. **ENTER** the amount in the last column.
5. **ADD** the amounts in this column to get your total calcium intake.

	FOODS AND DRINKS	PORTION SIZE	NUMBER OF PORTIONS	TOTAL PORTIONS	MILLIGRAMS OF CALCIUM PER PORTION	TOTAL MILLIGRAMS OF CALCIUM
EXAMPLE:	Greek yogurt, plain, 0 -2% Milk – plain, flavoured, chocolate	¾ cup (175mL) 1 cup (250mL)	0.5 1	]= 1.5	x 300	450
50 mg	Black beans, cooked Broccoli, cooked Eggs Figs, dried Gai lan, cooked Kale, cooked Lentils, cooked Orange Parmesan cheese, grated Sour cream	1 cup (250mL) ½ cup (125mL) 2 large 4 ½ cup (125mL) ½ cup (125mL) 1 cup (250mL) 1 medium 1 Tbsp (15mL) 2 Tbsp (30mL)	]=	=	x 50	
75 mg	Bok choy, cooked Bread, whole grain, whole wheat Clams, cooked Mustard greens, cooked, drained Naan Octopus, cooked Okra, cooked Rapini, cooked Seaweed, kelp, raw Tempeh	½ cup (125mL) 2 slices 75g (2 ½ oz) ½ cup (125mL) 1 small (7-inch diameter) 75g (2 ½ oz) ½ cup (125mL) ½ cup (125mL) ½ cup (125mL) ½ cup (125mL) 85g	]=	=	x 75	
100 mg	Almond butter Almonds, dry roasted, whole Baked beans, canned Cottage cheese, 1-2% Edamame, cooked, shelled English muffin, plain Frozen yogurt Processed cheese slice White beans, canned, drained	2 Tbsp (30ml) ¼ cup (60ml) ¾ cup (175mL) ½ cup (125mL) ½ cup (125mL) 1 unit ½ cup (125mL) 1 regular slice ¾ cup (175mL)	]=	=	x 100	

*Calcium content can vary due to multiple factors. Read the food label to know how much calcium is in a particular product.



Questions about the Calcium Calculator™?
Connect with our team of nutrition educators at nutrition@bcdairy.ca

Step 1: Calculate your calcium intake

	FOODS AND DRINKS	PORTION SIZE	NUMBER OF PORTIONS	TOTAL PORTIONS	MILLIGRAMS OF CALCIUM PER PORTION	TOTAL MILLIGRAMS OF CALCIUM
150 mg	Cheese, bocconcini Collard greens, cooked Herring roe on giant kelp Ice cream, vanilla Spinach, cooked, drained	30g (1 oz) ½ cup (125mL) 90mL (3 oz) ½ cup (125mL) ½ cup (125mL)	]	=	x 150	
200 mg	Blackstrap molasses Cheese, blue and feta, crumbled Cheese, mozzarella, part- skim, shredded Kefir, plain Yogurt, fruit flavoured, 0-3.9%	1 Tbsp (15mL) ¼ cup (60mL) 30g, ¼ cup (60ml) ¾ cup (175mL) ¾ cup (175mL)				
300 mg	Cheese, cheddar, swiss and gouda Cheese, ricotta Greek yogurt, plain, 0-2% Milk – plain, flavoured, chocolate Paneer Plant based beverage, fortified (almond, rice, oat) Salmon, canned, drained with bones Sardines, canned, drained with bones Skim milk powder, dry, instant Soy beverage, unsweetened, fortified Tofu, medium firm, firm, prepared with calcium sulphate	50g (Shredded: 125mL) ¼ cup (60g) ¾ cup (175mL) 1 cup (250ml) ¼ cup (60g) 1 cup (250mL) ½ can (105 g) ½ can (55g) 25g (makes 250mL reconstituted milk) 1 cup (250mL) 85g				

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Step 2: Did you get enough calcium?

COMPARE your calcium intake to your recommended daily intake.

MY TOTAL CALCIUM INTAKE: _____ mg (total from all sections).

MY RECOMMENDED CALCIUM INTAKE = _____ mg.

RECOMMENDED CALCIUM INTAKE PER DAY			
19 – 50 years	51 – 70 years		71+ years
1000 mg	MEN	WOMEN	1200 mg
	1000 mg	1200 mg	

Source: [Recommended Dietary Allowance per Health Canada Dietary Reference Intake Tables – Reference values for elements](#).
DRI values for calcium, published in 2011.

Did you get enough calcium?

☐ **YES** Look at the Ideas for Action on page 5 for more ideas to help you keep going!

☐ **NO** Many people don't get enough calcium from their food and drinks. Go to **STEP 3** to make a plan to eat more calcium. You can reach your calcium goal!

Step 3: Take Action

CHOOSE the foods and drinks in **STEP 1** and the "Ideas for Action" on page 5 to make a plan to boost your calcium.

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

EXAMPLE:

In the morning, I usually eat toast with jam and coffee with a splash of milk.

Calcium foods and drinks I will add: 50g of cheddar cheese and

1/2 cup of milk. This will add 450 mg of calcium.

MY ACTION PLAN:

_____, I usually eat _____.

Calcium foods and drinks I will add: _____

_____. This will add _____ mg of calcium.



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Ideas for Action:

DRINK UP FOR STRONG BONES

- Choose milk or fortified plant-based beverages.
- Add milk, yogourt or fortified plant-based beverages to smoothies, oatmeal, or cereal.
- Boost your smoothie with almond butter or cottage cheese.

BOOST YOUR MEALS

- Top your baked potato with plain Greek yogurt or cottage cheese.
- Substitute water with milk when making soup.
- Drizzle cheese sauce over vegetables.
- Add tofu to soups or salads.
- Sprinkle dried seaweed onto stir fries or clam chowder.
- Add beans in soups, stews, and chili.
- Add shredded or crumbled cheese to salads, soups, pasta or scrambled eggs.

POWER UP YOUR SNACK

- Snack on yogurt with granola or fresh berries.
- Have a handful of roasted almonds alongside apple slices.
- Munch on cheese with whole grain crackers.

GET CREATIVE WITH CALCIUM

- Whip up a tasty dip using ricotta cheese.
- Pump up your avocado toast with cottage cheese.
- Sauté broccoli, kale, or bok choy and sprinkle with toasted almonds.
- Make a fruit or veggie dip with Greek yogurt.
- Substitute crackers with parmesan crisps.

What are some other ways you can boost your intake of foods and drinks with calcium?



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Step 4: Is Your Plan Realistic?

THINK about your plan and if it will work well for you.

- ☐ Did I pick foods and drinks I enjoy?
- ☐ Is it easy to eat these calcium-containing foods/drinks at the times I chose?
- ☐ Can I see myself following this plan?
- ☐ Does this plan help me meet my calcium needs?
- ☐ Do I need a calcium supplement? If you simply cannot get enough calcium from food, discuss with your doctor or dietitian if a calcium supplement is right for you.

You are more likely to be successful if you make one small change at a time!

Want more delicious ways to boost your calcium?

Explore BC Dairy's calcium packed recipes by scanning the QR code.



TASTE GOOD. FEEL GOOD.

Have a nutrition question?

Call Healthlink BC at 8-1-1 and ask to speak to a registered dietitian.



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