

## ARE YOU GETTING ENOUGH CALCIUM?

<u>AGE</u>	<u>DAILY CALCIUM (RDA)</u>	<u>CUPS* OF MILK</u>
1-3 years	500 mg	2
4-8 years	800 mg	3
9-18 years	1300 mg	4

RDA = recommended daily allowance

### GOOD SOURCES OF CALCIUM

All dairy products (\*1 cup of milk = 8 oz = 300 mg of calcium)

Calcium fortified juice

Calcium enriched foods

### READING LABELS

On food labels, the calcium content is usually represented as a percentage. Simply add a zero to calculate the amount of calcium in mg.

10% = 100 mg

20% = 200 mg

30% = 300 mg

### CALCIUM CALCULATOR

Step 1: Add up the amount of calcium your child eats daily for the next 3 days.

Step 2: Calculate the average.

Step 3: Find the RDA of calcium for your child's age.

Step 4: Subtract step 2 from step 3.

### CALCIUM VITAMINS

Most multivitamins contain little calcium (usually about 75-100 mg).

Calcium vitamins for kids come as 500 mg chewable tablets.

### MILK ALLERGY

Some of these vitamins contain "dried milk solids". These would not be good choices for kids with a milk allergy.

### KEEPKIDSHEALTHY.COM

Great website with tons of information.

Check it out for a listing of non-dairy food sources of calcium.

*Adapted from [keepkidshealthy.com](http://keepkidshealthy.com)*