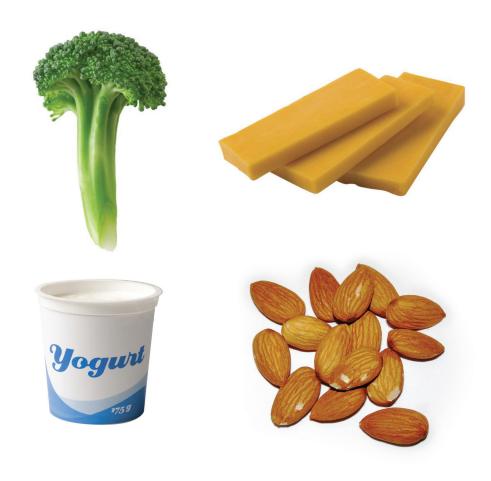


How much calcium is in different foods?



Answer the questions on the Calcium Worksheet.
Use the Calcium-Rich Foods List to help with your answers.



1.	List 3 foods that have 300 mg of calcium per serving. List the portion size for each.			
	Food	Por	Portion Size	
2.	Make a plan for a delicious breakfast that	at provides 300 mg of calcium		
۷.				
	Food	Portion Size	Calcium (mg)	
			_	
			_	

©BC Dairy Foundation, 2011 www.bcdairyfoundation.ca



3. List all the foods you ate yesterday in the boxes below. Use the Calcium-Rich Foods List to estimate the amount of calcium. Add up your total calcium intake. Did you meet your recommendation of 1300 mg?

Meal	Foods	Portion Size	Calcium (mg)
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			
Desserts			
		Total:	

©BC Dairy Foundation, 2011 www.bcdairyfoundation.ca



Calcium-Rich Foods List

A STATE OF THE STA	Plack beans Lime beans Leatile seeked	1 0110 or 050 ml
W. A. T.	Black beans, Lima beans, Lentils—cooked Bread	1 cup or 250 mL 2 slices or 70 g
	Broccoli Eggs	¾ cup or 175 mL 2
350	English muffin or Bagel	1 whole
	Gai lan, Mustard greens Hummus	½ cup or 125 mL ½ cup or 125 mL
77.6	Naan	½ cup or 125 me
	Orange	1 medium orange
DUM	Almonds	1/4 cup or 60 mL
文學學	Bok choy, Kale, Rapini, Okra—cooked Chickpeas, Kidney beans,	½ cup or 125 mL
75	Pinto beans, Romano beans-cooked	1 cup or 250 mL
	Cottage cheese—regular or low fat Dessert tofu	½ cup or 125 mL 100 g
STOCK STATE	Ice cream, Frozen yogurt	½ cup or 125 mL
NEXT	Parmesan cheese	1 Tbsp or 15 mL
	Baked beans, Soybeans, White beans—cooked	1 cup or 250 mL
	Blackstrap molasses Collards—cooked	1 Tbsp or 15 mL ½ cup or 125 mL
150	Cheese — soft and semi-soft such as	
	Blue, Feta, Mozzarella Pancake or Waffle	25 g 1 large or 2 small
	Pudding—made with milk	½ cup or 125 mL
	Tofu-made with calcium-check labels	100 g
	Cheese-firm such as Cheddar, Swiss, Gouda	25 g
	Cheese — processed Paneer	2 slices, 21 g each 25 g
200	Salmon—canned with bones	1/₃ can
Mari	Sardines—canned with bones Soup—made with milk	½ can 1 cup or 250 mL
family	Yogurt, fruit flavoured—regular or low fat*	³ / ₄ cup or 175 mL
	Milk-skim,1%,2%, whole, buttermilk,	
	chocolate, flavoured*	1 cup or 250 mL
300	Calcium-fortified beverages such as Soy, Rice, Orange juice—check labels	1 cup or 250 mL
	Skim milk powder	1/3 cup or 75 mL
	Yogurt—plain, regular or low fat*	34 cup or 175 mL
The same of the sa	*Add 100 mg for each portion of calcium-enriched milk or yogurt.	
1		

©BC Dairy Foundation, 2011 www.bcdairyfoundation.ca