

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 caffè latte.

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 caffè latte.
- 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.

STEP 4: IS YOUR PLAN REALISTIC?

THINK about your plan. Ask yourself the following questions:

- Have I chosen foods which 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?
- Can I picture myself carrying out this plan? (If not, go back to STEP 3 and revise your plan.)

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

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

CALCIUM CALCULATOR™



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NOURISH YOUR DAY



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CALCIUM CALCULATOR™

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.

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

ENTER amount in the last column.

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

	CALCIUM-RICH FOODS	PORTION SIZE	# OF PORTIONS I ATE	TOTAL PORTIONS	MILLIGRAMS PER PORTION	TOTAL MILLIGRAMS OF CALCIUM
 50	Black beans, Lima beans, Lentils—cooked Bread Broccoli Gai lan, Mustard greens Hummus Orange—fruit, not juice	(1 cup or 250 mL) (2 slices or 70 g) (¾ cup or 175 mL) (½ cup or 125 mL) (½ cup or 125 mL) (1 medium)		= _____	x 50 mg =	
 75	Almonds Bok choy, Kale, Rapini, Okra—cooked Chickpeas, Kidney beans, Pinto beans, Romano beans—cooked Cottage cheese—regular or low fat Dessert tofu Ice cream, Frozen yogurt Parmesan cheese	(¼ cup or 60 mL) (½ cup or 125 mL) (1 cup or 250 mL) (½ cup or 125 mL) (100 g) (½ cup or 125 mL) (1 Tbsp or 15 mL)		= _____	x 75 mg =	
 150	Baked beans, Soybeans, White beans—cooked Blackstrap molasses Collards—cooked Cheese—soft and semi-soft such as Blue, Feta, Mozzarella Pancake or Waffle Pudding—made with milk Tofu—made with calcium	(1 cup or 250 mL) (1 Tbsp or 15 mL) (½ cup or 125 mL) (25 g) (1 large or 2 small) (½ cup or 125 mL) (100 g)		= _____	x 150 mg =	
 200	Cheese—firm such as Cheddar, Swiss, Gouda Cheese—processed Salmon—canned with bones Sardines—canned with bones Soup—made with milk Yogurt, fruit flavoured—regular or low fat*	(25 g) (2 slices, 21 g each) (½ can) (½ can) (1 cup or 250 mL) (¾ cup or 175 mL)		= _____	x 200 mg =	
 300	Milk—skim, 1%, 2%, whole, buttermilk, chocolate, flavoured* Calcium-fortified beverages such as Soy, Rice, Orange juice Skim milk powder Yogurt—plain, regular or low fat*	(1 cup or 250 mL) (1 cup or 250 mL) (½ cup or 75 mL) (¾ cup or 175 mL)		= _____	x 300 mg =	

*Add 100 mg for each portion of calcium-enriched milk or yogurt.

MY
TOTAL

MY TOTAL CALCIUM INTAKE mg

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				
1-3 YEARS	4-8 YEARS	9-18 YEARS	19-50 YEARS	50+ YEARS
500	800	1300	1000	1200*

Source: The National Academy of Sciences, 1997

*Osteoporosis Canada recommends **1500 mg** for adults 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.
- NO** You are not alone! Go to STEP 3 to make a plan to increase your calcium intake.