

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:

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.

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

CALCIUM CALCULATOR™



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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.

EXAMPLE:








2 slices of bread is 1 portion

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.

CALCIUM-RICH FOODS	PORTION SIZE	NUMBER OF PORTIONS I ATE	TOTAL PORTIONS	MILLIGRAMS OF CALCIUM PER PORTION	TOTAL MILLIGRAMS OF CALCIUM
EXAMPLE: Bread Hummus	2 slices or 70 g 1/2 cup or 125 mL	1 1/2	= 2 1/2 portions	x 50	= 125
 50 Black beans, Lima beans, Lentils—cooked Bread Broccoli Eggs English muffin or Bagel Gai lan, Mustard greens Hummus Naan Orange	1 cup or 250 mL 2 slices or 70 g 3/4 cup or 175 mL 2 1 whole 1/2 cup or 125 mL 1/2 cup or 125 mL 1/2 1 medium orange		=	x 50	=
 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	1/4 cup or 60 mL 1/2 cup or 125 mL 1 cup or 250 mL 1/2 cup or 125 mL 100 g 1/2 cup or 125 mL 1 Tbsp or 15 mL		=	x 75	=
 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—check labels	1 cup or 250 mL 1 Tbsp or 15 mL 1/2 cup or 125 mL 25 g 1 large or 2 small 1/2 cup or 125 mL 100 g		=	x 150	=
 200 Cheese—firm such as Cheddar, Swiss, Gouda Cheese—processed Paneer 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 25 g 1/3 can 1/2 can 1 cup or 250 mL 3/4 cup or 175 mL		=	x 200	=
 300 Milk—skim, 1%, 2%, whole, buttermilk, chocolate, flavoured* Calcium-fortified beverages such as Soy, Rice, Orange juice—check labels Skim milk powder Yogurt—plain, regular or low fat*	1 cup or 250 mL 1 cup or 250 mL 1/3 cup or 75 mL 3/4 cup or 175 mL		=	x 300	=

*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)						
1-3 YEARS	4-8 YEARS	9-18 YEARS	19-50 YEARS	51-70 YEARS		71+ YEARS
				MEN	WOMEN	
700	1000	1300	1000	1000*	1200	1200

Source: Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. 2011.

*Osteoporosis Canada recommends 1200 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.*

*Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. 2011.

MY TOTAL MY TOTAL CALCIUM INTAKE = mg