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Shop Smart Sharpen Your Food –Buying Habits 7 Calcium – Who Needs It and How Much

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Home and Family Series

Anita Dean and Portia Morris, Extension Specialists in Nutrition

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SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

by Anita Dean and Portia Morris

Extension Specialists in Nutrition

7

CALCIUM—
WHO NEEDS IT
AND HOW MUCH

WHY DO YOU NEED IT?

Everybody needs calcium every day all their life. Growing children need more than adults.

Calcium, with phosphorus and Vitamin D, insures the rigidity of the bones. It is also needed for efficient heart and muscle action, for proper functioning of the nerves, for contraction of muscles, for clotting of blood, and plays an essential role in the way your body cells absorb and use other nutrients.

The calcium of bone is not "fixed" for life. It is constantly changing. It is being removed and replaced continually to meet the body's needs for this important material. Worry, illness, lack of exercise, and lack of weight bearing during prolonged periods of bedrest or immobility may cause temporary calcium losses, but you can replace them if you carefully choose your diet.

HOW DO YOU GET CALCIUM?

The most useful sources of calcium are milk and milk products. These and milk products provide three quarters of the calcium, one half of the riboflavin, and one quarter of the protein and Vitamin A in most diets.

If you do not use milk and milk products, or very little, you probably are not getting the calcium you need. There are other sources, but it would be almost impossible to meet your requirement for calcium from them alone.

AMOUNTS OF MILK RECOMMENDED

	<i>Cups per day</i>
Children under 9	2 to 3
Children 9 to 12	3 or more
Teenagers	4 or more
Adults	2 or more
Pregnant women	3 or more
Nursing mothers	4 or more

COMPARING DAIRY FOODS IN TERMS OF CALCIUM

1 ounce of cheddar cheese	=	1 cup milk
1 (1 inch) cube of cheese	=	½ cup milk
½ cup cottage cheese	=	⅓ cup milk
2 Tbsp. cream cheese	=	1 Tbsp. milk
½ cup ice cream	=	¼ cup milk

IF YOU DON'T OR WON'T DRINK MILK, HOW CAN YOU GET YOUR CALCIUM?

Serve these foods frequently:

- Cream soups made with milk (potato, tomato, corn, etc.).
- Casseroles made with white sauce rather than canned soups.
- Puddings made with milk (cornstarch, rice, custards, etc.).
- Extra milk on puddings, jello, and other desserts.
- Creamed fish, chicken, or meat.
- Milk on dry or hot cereals. Try cooking hot cereals in milk.
- Milk gravies (delicious with pork and chicken).
- Flavored milks (chocolate and others).
- Milk added to other beverages such as coffee or tea.
- Ice cream, ice milk.
- Yogurt.
- Your favorite cheese.
- Grated cheese added to other favorite foods.
- Dry milk added to other foods such as meatloaf, sandwich fillings, etc.
- Cooked green leafy vegetables such as kale, broccoli, Swiss chard, spinach, and mustard and dandelion greens frequently.
- Whipped milk toppings on desserts.
- Canned fish with bones (sardines, salmon, mackerel).

When using dry milk powder in baked products such as pancakes, muffins, waffles, French toast, and scrambled eggs, double the amount of dry milk solids called for in the recipe to increase the calcium content.

CORNY CREAM SOUP

(Seven 1-cup servings)

1-2 slices bacon or	Dash of pepper
½ cup salt pork, finely cut up	2 cups (1 pound can) cream style corn
2 tablespoons finely chopped onion	4 cups milk
2 tablespoons bacon fat or margarine	2 teaspoons salt
4 tablespoons flour	

Fry bacon or salt pork until crisp and well done (about 10 minutes) and remove from fat. Fry onion lightly in remaining fat. Blend in flour, salt and pepper. Stir over medium heat until smooth and bubbly. Stir in corn and heat for a few minutes stirring constantly. Remove from heat. Gradually stir in milk and heat to serving temperature. Add bits of crispy crumbled bacon or lightly browned cooked salt pork to soup before serving.