



CALCULATE YOUR CALCIUM INTAKE



1. How many 8oz. glasses of low-fat, 1% milk per day?
2. How many servings (1 cup, cooked) of spinach per day?
3. How many servings (1 oz.) of cheddar cheese per day?
4. How many servings (1 cup) of low-fat yogurt per day?
5. How many servings (1/2 cup) of ice cream per day?
6. How many servings of calcium fortified juices (orange juice, 1 cup) per day?
7. How many servings of canned salmon with bones (3 oz.) per day?

	ANSWER	CALCULATE	TOTAL
1. How many 8oz. glasses of low-fat, 1% milk per day?	<input type="text"/>	Answer x 290 mg	<input type="text"/> mg
2. How many servings (1 cup, cooked) of spinach per day?	<input type="text"/>	Answer x 291 mg	<input type="text"/> mg
3. How many servings (1 oz.) of cheddar cheese per day?	<input type="text"/>	Answer x 204 mg	<input type="text"/> mg
4. How many servings (1 cup) of low-fat yogurt per day?	<input type="text"/>	Answer x 415 mg	<input type="text"/> mg
5. How many servings (1/2 cup) of ice cream per day?	<input type="text"/>	Answer x 85 mg	<input type="text"/> mg
6. How many servings of calcium fortified juices (orange juice, 1 cup) per day?	<input type="text"/>	Answer x 300 mg	<input type="text"/> mg
7. How many servings of canned salmon with bones (3 oz.) per day?	<input type="text"/>	Answer x 181 mg	<input type="text"/> mg
Your average daily calcium intake is:			<input type="text"/> mg

