

**WHAT'S YOUR
DAILY CALCIUM
IQ?**

CALCIUM COUNTS

All the research conducted on Americans' diets over the last ten years has reached the same conclusion: dietary calcium intake for both men and women has fallen short of the recommended levels in almost every age category. Test your daily diet by taking the quiz below.

We need at least 800 mg of calcium each day. Most women need 1,000 to 1,500 mg. Remember what you ate yesterday and answer the following questions below.

- _____ 1. Did you drink milk (skim, lowfat, or regular) yesterday? If so, give yourself 3 points for every 8 oz. glass (1 cup).
- _____ 2. Did you eat fruit flavored or plain yogurt? Give yourself 4 points for each 8 oz. serving (1 cup).
- _____ 3. Did you eat (1 oz.) fortified cereal with ½ cup of milk? Give yourself 4 points for every serving.
- _____ 4. Did you eat 1 oz. other type of cereal with ½ cup of milk? Give yourself 2 points for every serving.
- _____ 5. Did you drink juice that is fortified with calcium? For every 6 oz. serving, give yourself 2 points.

- _____ 6. Did you eat canned salmon with bones or tofu (that's been processed with calcium) yesterday? Give yourself 3 points for each 3 oz. eaten (or ½ cup tofu)
- _____ 7. Did you eat cheese yesterday? For every 1 oz. eaten, give yourself 2 points.
- _____ 8. Did you eat cottage cheese? For each ½ cup serving, give yourself 1 point.
- _____ 9. Did you eat broccoli, kale, collards, spinach, or bok choy? For every 1 cup, raw or cooked, give yourself 1 point.
- _____ 10. Did you have ice cream, pudding, or frozen yogurt yesterday? For a 1 cup serving, give yourself 1 point.
- _____ 11. Did you take a Tums or other calcium supplement? Give yourself 2 points for each Tums.
- _____ 12. Did you eat any other food fortified with calcium? Give yourself 2 points for each serving.

NOW ADD UP ALL YOUR POINTS.

_____ **TOTAL POINTS**

Multiply your total points x 100. This gives you an idea of how many milligrams (mg) of calcium you are getting each day.