

# 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.

Visit Canada’s Food Guide online at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) to learn more.

Visit the Calcium Calculator™ online at <http://bcdairyfoundation.ca/interactive/calcium-calculator>



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# CALCIUM CALCULATOR™



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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	<div><div>2 slices or 70 g 1/2 cup or 125 mL</div><div>I had 3/4 cup</div></div>	<div><div>1 1 1/2</div><div>= 2 1/2 portions</div></div>	x 50	= 125
 <div>50</div>	Black beans, Lima beans, Lentils—cooked	1 cup or 250 mL	]	=	x 50	=
	Bread	2 slices or 70 g				
	Broccoli	3/4 cup or 175 mL				
	Eggs	2				
	English muffin or Bagel	1 whole				
	Gai lan, Mustard greens	1/2 cup or 125 mL				
	Hummus	1/2 cup or 125 mL				
	Naan	1/2				
	Orange	1 medium orange				
 <div>75</div>	Almonds	1/4 cup or 60 mL	]	=	x 75	=
	Bok choy, Kale, Rapini, Okra—cooked	1/2 cup or 125 mL				
	Chickpeas, Kidney beans, Pinto beans, Romano beans—cooked	1 cup or 250 mL				
	Cottage cheese—regular or low fat	1/2 cup or 125 mL				
	Dessert tofu	100 g				
	Ice cream, Frozen yogurt	1/2 cup or 125 mL				
	Parmesan cheese	1 Tbsp or 15 mL				
 <div>150</div>	Baked beans, Soybeans, White beans—cooked	1 cup or 250 mL	]	=	x 150	=
	Blackstrap molasses	1 Tbsp or 15 mL				
	Collards—cooked	1/2 cup or 125 mL				
	Cheese—soft and semi-soft such as Blue, Feta, Mozzarella	25 g				
	Pancake or Waffle	1 large or 2 small				
	Pudding—made with milk	1/2 cup or 125 mL				
	Tofu—made with calcium—check labels	100 g				
 <div>200</div>	Cheese—firm such as Cheddar, Swiss, Gouda	25 g	]	=	x 200	=
	Cheese—processed	2 slices, 21 g each				
	Paneer	25 g				
	Salmon—canned with bones	1/3 can				
	Sardines—canned with bones	1/2 can				
	Soup—made with milk	1 cup or 250 mL				
	Yogurt, fruit flavoured—regular or low fat*	3/4 cup or 175 mL				
 <div>300</div>	Milk—skim, 1%, 2%, whole, buttermilk, chocolate, flavoured*	1 cup or 250 mL	]	=	x 300	=
	Calcium-fortified beverages such as Soy, Rice, Orange juice—check labels	1 cup or 250 mL				
	Skim milk powder	1/3 cup or 75 mL				
	Yogurt—plain, regular or low fat*	3/4 cup or 175 mL				

\*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 (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: Dietary Reference Intakes for Calcium and Vitamin D, 2010

\*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.\*

\* Dietary Reference Intakes for Calcium and Vitamin D, 2010