

Calcium Countdown

Most teenagers need between 1200-1500mg of calcium each day to continue building strong bones. Explore the **Nutrition Facts Labels** to find three foods that each provide at least 25% of Daily Value for calcium.

- Record the foods and fat, calorie and % Daily Value information from the labels in the spaces below. Using the % Daily Value for calcium, multiply by 10 to get the mg of calcium in each food. Use this information to answer the questions below.

FOOD ITEM & AMOUNT	FAT	CALORIES	%DAILY VALUE CALCIUM	X 10 = MG CALCIUM
Example: 1% milk				
1 cup	2.5	110	30	300

- To get at least 1200 mg of calcium daily, which of these foods and how many servings would you choose to eat each day?
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- Using labels compare the nutrients and calories in a soda to those in 1% milk.
 - Which food is a better nutritional value? _____
 - Besides calcium, what other nutrients do you get from milk? _____
 - What nutrients do you get from a soda? _____
 - Which would you choose and why? _____

Adapted from the Pyramid Explorer Nutrition Adventures Curriculum

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