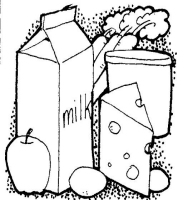


CALCIUM AND IRON FACTS



Calcium Needs by Age:	
Birth - 6 months	210 mg
6 - 12 months	270 mg
1 - 3 years	500 mg
4 - 8 years	800 mg
9 - 18 years	1300 mg

Calcium-rich Foods			
Food	Serving Size	Calories	Amount of Calcium
Plain yogurt, fat-free	1 cup	127	452 mg
Orange juice with added calcium	8 fluid ounces	120	350 mg
Fruit yogurt, low-fat	1 cup	232	345 mg
Ricotta cheese, part skim	1/2 cup	170	334 mg
American cheese, low-fat / fat-free	2 ounces (about 3 slices)	188	312 mg
Soybeans, cooked	1 cup	175	298 mg
Cheddar cheese, low-fat / fat-free	1/2 cup	114	204 mg
Tofu, firm with added calcium sulfate	1/2 cup	97	204 mg
Cheese Pizza	1 slice	240	200 mg
Broccoli, raw	1 medium stalk	106	180 mg
Broccoli, cooked	1 cup	52	94 mg
Bok choy, boiled	1 cup	20	158 mg
Spinach cooked from frozen	1/2 cup	27	139 mg
Frozen yogurt, softserve vanilla	1/2 cup	114	103 mg
Macaroni and Cheese	1 cup	230	100 mg
Almonds	1 ounce	169	75 mg
Tortilla, flour (7-8 inches)	1 tortilla	150	58 mg
Tortilla, corn (7-8 inches)	1 tortilla	53	42 mg

Sources of Iron

Excellent:

- Liver
- 40 % bran flakes
- Blackstrap molasses

Good:

- Hamburger
- Lean beef
- Chicken
- Tuna
- Ham
- Shrimp
- Egg, egg yolks
- Spinach
- Asparagus
- Potato, baked in skin
- Navy beans
- Kidney beans
- Soybeans
- Split peas
- Dried apricots
- Raisins
- Prunes, prune juice
- Strawberries
- Tomato juice

Adequate:

- Enriched rice
- Enriched pasta, noodle
- Enriched bread
- Banana
- Avocado
- Cranberry juice
- Orange
- Apple
- Broccoli
- Tomato
- Carrots
- Green beans
- Green peas
- Bacon
- Peanut butter