

GOAL COUPON 15: GET ENOUGH CALCIUM IN YOUR DIET

Recommended Calcium Amounts

| | Age | Daily Calcium |
|----------------|-------|-----------------|
| Children/Teens | 2-18 | 1300 milligrams |
| Male/Female | 19-50 | 1000 milligrams |
| Male/Female | 51+ | 1200 milligrams |

Look on the label for % Daily Value (DV) of calcium. The % DV is based on 1000 milligrams of calcium. If a product contains 20% DV for calcium, it contains 200 milligrams (.20 x 1000 milligrams). A product with 30% DV for calcium contains 300 milligrams of calcium.

Make sure you get enough calcium in your diet by adding fat-free or low-fat dairy products. If you are lactose-intolerant, select lactose-free products or calcium fortified beverages and foods.

Look at the chart on the back of this coupon for high calcium foods



GOAL 15

Look at the Recommended Calcium Amounts chart for your daily calcium amounts. Try to get your recommended calcium amounts most days this week.

Look at the Calcium in Foods and Beverages chart on the back of this coupon for calcium sources and amounts.

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