

CALCIUM CALCULATOR

My Friend's Gynecologist ~ Dr. Terri Vanderlinde
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Check the foods that you ate yesterday. Write in the number of servings for each item that you checked. Then total the number of servings per group and multiply it by the mgs of calcium for that group. Then add up all the calcium mgs from your food, supplements and multivitamins in an average day for a Grand Total. Then compare that to the amount you really need. Remember, your body can absorb only 500mgs of Calcium at one sitting. Do the same for Vitamin D. Please make sure to take your supplements to help prevent and treat osteoporosis. It's important. We care. Thank you.

<u>FOOD</u>	<u>SERVING SIZE</u>	<u># SERVINGS</u>	<u>MG CALC / SERVING</u>	<u>TOTAL MGS CALC</u>
Firm Cheese - Chedd, Edam, Mozz	2 oz	_____		
Homemade Mac & Cheese	1 cup +	_____		
Milk Shake	1 ¼ cup	_____		
	TOTAL SERVINGS	_____	x 350mg =	_____ mg
Milk – skim, 1%, 2%, whole	1 cup +	_____		
Buttermilk, Flavored Milk				
Skim Milk Powder	1/3 cup	_____		
Yogurt – Plain	¾ cup	_____		
Calcium Fortified Drinks	1 cup +	_____		
Soy, rice, OJ, etc.				
	TOTAL SERVINGS	_____	x 300mg =	_____ mg
Processed Cheese Slices	2 slices	_____		
Soft Cheeses – Feta, Camembert	2 oz	_____		
Yogurt – Fruit Flavored	¾ cup	_____		
Salmon – with bones	3 oz	_____		
Sardines – with bones	11 small	_____		
	TOTAL SERVINGS	_____	x 250mg =	_____ mg
Almonds	1/3 cup	_____		
Beans – Soy, Baked, White	1 cup +	_____		
Cheese Pizza	slice 1/8 of 12" pie	_____		
Pancakes/Waffles -made with milk	3 medium	_____		
Pudding – made with milk	½ cup +	_____		
Soup – made with milk	1 cup +	_____		
Tofu – made with calcium	3 oz	_____		
Yogurt, frozen	½ cup +	_____		
	TOTAL SERVINGS	_____	x 150 mg	_____ mg
Kale, Bok Choy, Spinach, Collards	½ cup +	_____		
Chick Peas	1 cup +	_____		
Cottage Cheese	½ cup +	_____		
Ice Cream, Ice Milk	½ cup +	_____		
Parmesan Cheese	1 TBSP	_____		
	TOTAL SERVINGS	_____	x 75mg =	_____ mg
Bread	2 slices	_____		
Broccoli, cooked	¾ cup	_____		
Kidney Beans, Lima Beans, Lentils	1 cup +	_____		
Orange –fruit itself	1 med size	_____		
	TOTAL SERVINGS	_____	x 50mg =	_____ mg
VIT D				
Summer sun, 15 mins, whole body	Ea sun time x 400 units =	_____ un	Multivitamin	_____ mg
Fortified dairy	# Servings x 100 units =	_____ un		
Castor Oil 1 TBSP	# Servings x 1,200 units =	_____ un	Supplements	_____ mg
Total Vits & Supps	Check label, add up all =	_____ un		
MY CA req _____ mg	TOTAL VITAMIN D _____ un		TOTAL CA _____ mg	
MY VIT D req _____ un	<i>deficit</i> _____ un		<i>deficit</i> _____ mg	