

We were discussing Calcium and the fact that it is a mineral, how it is stored, and how much an individual needs daily.

Today we will discuss what food sources have calcium and how much per serving.

Milk, yogurt, and cheese are rich natural sources of calcium and are the major food contributors of this nutrient to people in the United States.

Non-dairy sources include vegetables, such as Chinese cabbage, kale, and broccoli.

Spinach provides calcium, but its bioavailability is poor.

Most grains do not have high amounts of calcium unless they are fortified; however, they contribute calcium to the diet because they contain small amounts of calcium and people consume them frequently.

What is the Percent Daily Value (%DV) that is part of the Nutrition Facts panel?:

This part of the Nutrition Facts panel tells you whether the nutrients (fat, sodium, fiber, etc) in a serving of food contribute a lot or a little to your total daily diet.

By diet we mean all the different foods you eat in a day.

%DVs are based on recommendations for a 2,000 calorie diet.

For labeling purposes, FDA set 2,000 calories as the reference amount for calculating %DVs.

The %DV shows you the percent (or how much) of the recommended daily amount of a nutrient is in a serving of food.

By using the %DV, you can tell if this amount is high or low. You, like most people, may not know how many calories you consume in a day.

But you can still use the %DV as a frame of reference, whether or not you eat more or less than 2,000 calories each day.

Tomorrow we will discuss:

... why it is important to take in an adequate amount of calcium and what happens in the body if not.

...What is needed for the body to absorb and utilize the calcium when ingested.

...What forms of calcium are important.

Stay tuned...