



nutrinews

written by Gale Welter, MS, RD, CSCS
Nutrition Counselor, Campus Health Service



GROUP MEETINGS

Healthy Options on Campus

Nutrition Info and Demonstration Table

when: Every other Wednesday at Noon

where: Student Union food areas
location will vary, watch for us!

Changes for Life

healthy weight education and support group

when: every Tuesday at Noon

where: Campus Health (3rd Flr. East Conf. Rm)

cost: \$5 per meeting (or \$50 per semester)

Q: I have seen ads lately about calcium and weight loss. What is this about?

A: An emerging body of scientific evidence indicates when your diet is low in calcium, fat cells favor fat storage. On the flip side, regularly getting over 1200 mg/day of calcium seems to help fat cells use fat rather than storing it.

This research puts more kick behind your mother's advice to "get enough calcium". Calcium has many functions including healthy bones and teeth, nerve conduction, blood pressure regulation and even cancer prevention. Adding weight management to the list may be just the motivation you need to make calcium a daily priority.

The recommended daily amount of calcium for everyone between the ages of 19 and 50 is 1000 mg. Teens 14-18

years old need 1300 mg and those over 50 need 1200 mg.

While it's always better to get calcium (and all nutrients) from food, supplements work well to help fill the gap. Using the table below, you can add up the calcium in the foods you typically eat and get a good idea of how much you get daily. If you are short (most people are) you can decide whether you want to eat additional calcium-containing foods or take a supplement to make up the difference.

There are three basic forms of calcium supplements: pills (many brands), chalky chews (like Tums) and candy chews (like Viactiv). All forms have generic store brands that are cheaper. The two types of calcium in supplements are calcium carbonate and calcium citrate. My advice: Choose the form of calcium supplement that you *will* take (pill or chew) – the one that appeals to you and seems easiest – regardless of the type of calcium in it, and get in the habit daily.

Yogurt	1 cup	350-450 mg*
Swiss cheese	1 oz.	270 mg
String/Mozzarella cheese	1 oz.	200 mg
Frozen yogurt/ice cream	1 cup	200 mg
Cereal, calcium fortified	¾ - 1¼ cup	200-1000 mg*
Almonds	¼ cup	75 mg
Spinach, cooked greens	½ cups	100-130 mg*
Milk-all types	1 cup	300 mg
Soy beverage	1 cup	300-400 mg*
Cottage cheese	½ cup	80 mg
OJ, calcium fortified	1 cup	300 mg
Beans	1 cup	80-120 mg*
Tofu – fortified	½ cup	135 mg*
Broccoli	½ cup	55 mg

* Amounts vary, read labels: Calcium is noted as a percent of 1000 mg (ex. 20% = 200 mg)

Questions? email: wildcatnutrition@yahoo.com