







CHILDREN'S CALCIUM TRACKER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	Calcium Per	Total
	# Servings	# Servings	# Servings	# Servings	# Servings	# Servings	# Servings	Servings	Serving*	Calcium
Broccoli, cooked 1 cup									74 mg	
Cereal, ready-to-eat 1 cup									66 mg	
Cheeseburger 1 sandwich									164mg	
Cheese Pizza 1 piece									181 mg	
Chicken Nuggets 5 pieces									11 mg	
Fruit Yogurt 1 6oz container									258 mg	
Grilled Cheese 1 sandwich									235 mg	
Hot Dog 1 hot dog									28 mg	
Macaroni & Cheese 1 cup									117 mg	
Milk, 2% 1 cup									285 mg	
Orange Juice w/ calcium 1 cup									298 mg	
Peanut Butter & Jelly 1 sandwich									93 mg	
Vanilla Ice Cream 1 cup									170 mg	
Other* _____										
Other* _____										
Other* _____										
Total Weekly Calcium Intake										
Average Daily Calcium Intake (Total Weekly Calcium Divided by 7)										

<p>How much calcium do kids need? The National Academy of Sciences (NAS) recommends:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;">Age</th> <th style="text-align: left; border-bottom: 1px solid black;">Calcium Per Day</th> </tr> </thead> <tbody> <tr> <td>1 – 3 years</td> <td>500 mg</td> </tr> <tr> <td>4 – 8 years</td> <td>800 mg</td> </tr> <tr> <td>9 – 18 years</td> <td>1,300 mg</td> </tr> </tbody> </table>	Age	Calcium Per Day	1 – 3 years	500 mg	4 – 8 years	800 mg	9 – 18 years	1,300 mg	<p>Instructions:</p> <ol style="list-style-type: none"> 1) Each day, note the number of serving of each food that your child eats. 2) At the end of the week, add up the total number of servings your child has consumed of each food. 3) Multiply the total number of servings for each food by the calcium per serving and note the total in the last column. 4) Add the total calcium consumed from each food to determine the total weekly intake. 5) Divide the total weekly intake by seven to determine your child's average daily calcium intake. <p><small>*Alternatively, you can determine average daily calcium intake by using the Calcium CalculatorSM online at http://www.calciuminfo.com/calciumcalculator.aspx.</small></p>
Age	Calcium Per Day								
1 – 3 years	500 mg								
4 – 8 years	800 mg								
9 – 18 years	1,300 mg								

If your child isn't getting enough calcium every day, consider TUMS Kids. Parents and children agree, with 300 mg of absorbable calcium and yummy Cherry Blast flavor, TUMS Kids is an excellent solution.

*To find the calcium content of foods not listed on this chart, visit the USDA website at (<http://www.ars.usda.gov/Services/docs.htm?docid=12096>).