

Name: \_\_\_\_\_

## Calcium Countdown

**Directions:** The article “Easy as ABC?” (page 15) spotlights calcium as a vital nutrient that teens often don’t get enough of; your goal should be 1,300 milligrams (mg) per day. Figure out your intake with the chart below, listing everything you eat and drink for one day and how much calcium each food provides. To find calcium counts, look at nutrition labels, use the U.S. Department of Agriculture’s “National Nutrient Database” search tool ([fnic.nal.usda.gov](http://fnic.nal.usda.gov), then click on *Look Up Calories or Nutrients in a Food*), or consult a nutritional handbook in a library.

Meal	What I Ate/Drank	Calcium Content (mg)
Breakfast		
Lunch		
Snacks		
Dinner		
Dessert		
Other Beverages		
		<b>Total</b>

1. How did your total calcium intake compare with the daily 1,300 mg of calcium that is recommended for teens?

\_\_\_\_\_  
\_\_\_\_\_

2. How can you adjust your diet to include enough calcium?

\_\_\_\_\_  
\_\_\_\_\_

3. Would you consider taking a calcium supplement? Why or why not?

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\_\_\_\_\_