CALCIUM

Gravity affects BONES? Yes.

Calcium and other minerals are always coming and going from your bones. Gravity and being active helps keep minerals in your bones.

Gravity is no problem unless you travel in space. But you may need more activity if you spend most of your time sitting around.

Many things affect how your body uses calcium.

Have you seen RDA?

Scientists use research to suggest how much of a nutrient you need. The amount is called Recommended Dietary Allowance or RDA. Look for these letters on the label of a food such as cereal.

Many young people do not get the RDA for calcium. Teenagers need more calcium than adults to strengthen their growing bones.

If you are:
- growing fast
- upset for a long time
- recovering from illness or injury, you need even more calcium.

4 If you eat **4** servings a day of foods high in calcium, you will probably get the RDA for calcium for teenagers. Which of these good sources of calcium did you have yesterday?

1 cup skim milk 90 Calories	1 large slice cheese about 3½ inches square, ⅛ inch thick 170 Calories	1 cup whole milk 160 Calories	1½ cups ice cream 380 Calories	⅔ cup tuna or salmon *with soft bones* 220-300 Calories

The above foods have about the same amount of calcium. How do they compare in calories?
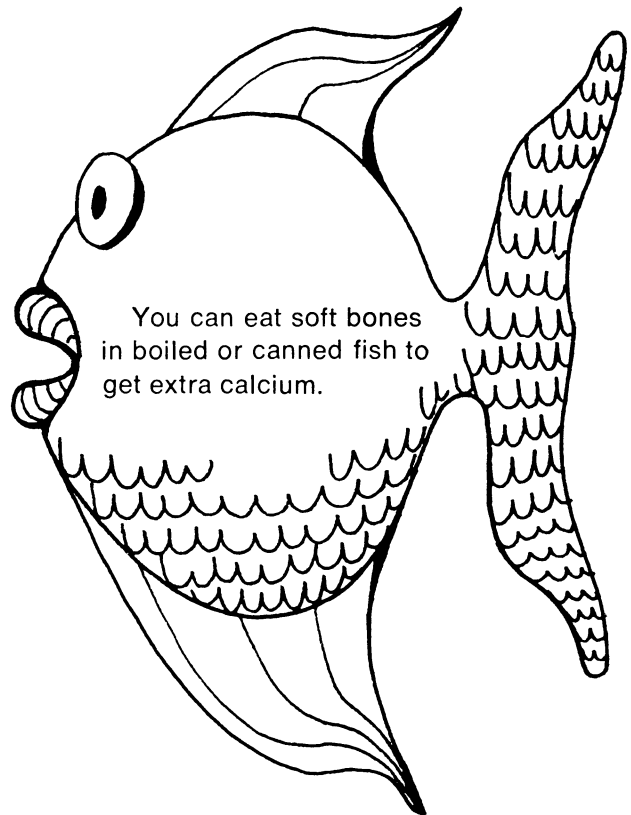
Foods made with lots of milk or cheese are good sources of calcium. Dark leafy greens can be too. What calcium foods will you have today?

Calcium Carnival

See how many foods, made from those above, you and your friends can think up. For example:

molasses milkshake   **peach ice cream**
cheese tacos   **peppermint pudding**
cream of corn soup   **cheeze pizza**

Fix some for friends and family.

You can eat soft bones in boiled or canned fish to get extra calcium.

Keep food safe.

Keep puddings, custards, cream pies, and whipped cream desserts _cold._ Bacteria that could make you sick grow easily in these foods.

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