



CALCIUM COUNTS FOR MOTHERS-TO-BE

When you're pregnant or nursing your newborn, you experience lots of changes — especially with your body. And as your body changes, so does its demand for nutrients. If you aren't getting enough nutrients to support your baby's growth, your baby will take what it needs from you.

During pregnancy, 1,000 mg calcium/day is recommended if you're 19 years of age or older. If you're 18 years of age or younger, 1,300 mg calcium/day is recommended.

Because nutritional needs are high during pregnancy, your health care provider may prescribe certain supplements as a safeguard. However, this doesn't mean you're off the hook for eating right! Most health experts agree that it's best to get calcium from food and most name milk and milk products as their first choices. Why? Just look what comes along with the package: protein, vitamins A, D (if fortified), and B₁₂, riboflavin, potassium, phosphorus, and niacin.

MATCH THE MILK

Milk and milk products are the richest sources of calcium — one, 8-ounce glass of milk provides 300 mg of calcium. As a mom-to-be, you can meet your calcium needs by drinking at least 3-4 cups a day or by consuming other calcium-containing foods. Listed below are common sources of calcium; however, you may need to eat more of them to get the same amount of calcium from a glass of milk. Guess how much you'll need to eat of the following foods to match the calcium in one, 8-ounce glass of milk (300 mg).

- ___ oz natural cheese
- ___ cup(s) cottage cheese
- ___ cup(s) yogurt
- ___ oz process cheese
- ___ cup(s) ice cream
- ___ cup(s) pudding
- ___ cup(s) macaroni and cheese
- ___ cup(s) frozen yogurt
- ___ oz canned salmon with bones
- ___ cup(s) spinach
- ___ cup(s) broccoli
- ___ oranges
- ___ corn tortillas, 6"



ANSWERS:

- 1½ ounces natural cheese
- 2 cups cottage cheese
- 1 cup yogurt
- 2 ounces process cheese
- 1½ cups ice cream
- 1 cup pudding
- 1 cup macaroni and cheese
- 1½ cups frozen yogurt
- 4 ounces canned salmon with bones
- 1½ cups cooked spinach
- 3 cups cooked broccoli
- 6 oranges
- 6 corn tortillas



PUTTING THE CLAMP ON HIGH BLOOD PRESSURE

Pregnancy-induced high blood pressure happens in 10% to 20% of all pregnancies. If not corrected, it may lead to preeclampsia (a potentially life-threatening disorder of late pregnancy.) If you can boost your calcium intake to 1,200 to 1,500 mg/day, you're a step ahead in reducing your risk of pregnancy-induced high blood pressure and preeclampsia.

Consuming 4 servings of milk or milk products a day provides enough calcium to help reduce your risk of high blood pressure by 62% and preeclampsia by 70%. These foods also contain potassium and magnesium, both of which help lower blood pressure.

Source: *Journal of the American Medical Association*, April 10, 1996.

EAT LIKE AN EGYPTIAN — AND GET YOUR CALCIUM, TOO

The good news is, you **CAN** find calcium in nearly every group in the Food Guide Pyramid. However, milk and milk products are by far the richest and one of the most well-absorbed sources of calcium in the pyramid. Here's a look at how your favorite foods stack up:

- **Milk Group** (provides 73% of the calcium in our food supply) milk, buttermilk, chocolate milk, yogurt, cheese, pudding, ice cream, milkshakes, frozen yogurt, cottage cheese
- **Meat Group** (provides 9%) tofu, sardines with bones, salmon with bones, perch, almonds
- **Fruit Group** (provides 3%) oranges, prunes
- **Vegetable Group** (provides 6%) broccoli, okra, beet greens, turnip greens, collards, bok choy
- **Grain Group** (provides 5%) whole wheat bread, pancakes, bagels, corn tortillas

And don't forget the combination foods: macaroni and cheese, lasagna, quiche, enchiladas, pizza, cheeseburgers, and soup made with milk.

Any food that provides 20% or more of the Daily Value (%DV) for calcium is an excellent source of this nutrient! Just remember that the calcium percentages on labels are meant for the general population — a recommendation of 1,000 mg/day. So in this example, the food provides 300 mg (30% of 1,000 mg). If you're between 9 and 18 years of age, aim for 130% of the Daily Value each day or 4 servings from the Milk Group.

"MILK IT" ON A DAILY BASIS

- **On the go?** Grab one of the new yogurt drinks, chocolate milk, or zap a personal pizza in the microwave.
- **Have an individual flair?** Try new foods and food combinations that include calcium-rich milk and milk products — mix a teaspoon of vanilla extract into milk for a sweet drink or mix plain yogurt with your own blend of spices for a great dip.
- **Fast food fanatic?** Learn to choose nutritious, calcium-rich foods from all Five Food Groups. Some good options: chef's salad, taco with cheese, baked potato topped with cottage cheese, lowfat milkshake, frozen yogurt.
- **Have morning sickness?** Try eating smaller servings of all foods, including dairy foods, throughout the day to avoid the nausea that may come with pregnancy.

