

Calcium

Go to www.calciuminfo.com . Click on “Click here to explore calciuminfo.com”. The main menu has four topic areas. Go through each area and answer the following questions.

About Calcium

What percentage of calcium is stored in your bones and teeth?

Where is the remaining 1%?

How do doctors measure bone health?

Beyond Bones

List 4 functions of calcium from the list provided.

- 1.
- 2.
- 3.
- 4.

Supplements

What two ways can you obtain calcium?

If your body does not get enough calcium from your diet, what does it do?

Is a multi-vitamin a sufficient source of calcium?

Calcium Intake

What is the DRI of your age group?

What are the average intakes of males and females of your age group?

Food Sources

List five foods that include calcium:

Calcium Calculator

Follow the directions to calculate your average calcium intake. Write down your average daily calcium intake. How does it compare to the DRI? How does it compare to the average intakes for your age group?