

Do you eat enough calcium?

Calcium is a mineral, natural part of nutrition. If you don't eat enough you can make your own DIY natural calcium supplement product Twibright Calcium according to <http://ronja.twibright.com/calcium.php>

- 1) Fill out column **4** of the table below how much you eat of each food daily. The usual serving size is in columns **2** and **3**.
- 2) Fill in column **6** by multiplying column **4** and **5**
- 3) Add all numbers in column **6** together vertically and write down into **"TOTAL Calcium:"**
- 4) Compare the result with your calcium requirement according to the small table.

1	2	3	4	5	6	7
Food	1 Serving	Serving size	Servings I eat daily	Calcium per serving	Calcium I eat daily	Calcium per 100 g
Apple	Piece	182 g		x 11 mg =		6 mg
Banana	Piece	180 g		x 9 mg =		5 mg
Beans, baked, canned	Cup	254 g		x 86 mg =		34 mg
Beef	Steak	305 g		x 15 mg =		5 mg
Bread, white wheat	Slice	28 g		x 33 mg =		119 mg
Bread, whole wheat	Slice	32 g		x 52 mg =		161 mg
Broccoli	Stalk	151 g		x 71 mg =		47 mg
Carrot	Piece	61 g		x 20 mg =		33 mg
Cashew nuts	Cup	137 g		x 62 mg =		45 mg
Chicken Breast fried	Breast	86 g		x 14 mg =		16 mg
Chinese Cabbage	Cup	70 g		x 74 mg =		105 mg
Cottage cheese	Cup	210 g		x 174 mg =		83 mg
Egg shell, dry	From 1 egg	6 g		x 2'090 mg =		38'000 mg
Hard cheese	Slice	26 g		x 187 mg =		721 mg
Ice cream	½ cup	66 g		x 84 mg =		128 mg
Milk	Glass	244 g		x 305 mg =		125 mg
Mozzarella	Cup	112 g		x 566 mg =		505 mg
Oats, breakfast, dry	Cup	81 g		x 42 mg =		52 mg
Orange juice	Cup	248 g		x 27 mg =		11 mg
Papaya	Cup	145 g		x 29 mg =		20 mg
Peanuts, roasted	Cup	144 g		x 88 mg =		61 mg
Pork, roasted	Portion	200 g		x 12 mg =		6 mg
Potatoes, boiled without skin	Portion	180 g		x 49 mg =		27 mg

1	2	3	4	5	6	7
Rice, brown, cooked	Cup	195 g		x 20 mg =		10 mg
Rice, white, cooked	Cup	158 g		x 30 mg =		19 mg
Salmon	Fillet	159 g		x 11 mg =		7 mg
Sardines canned with bones	Can	92 g		x 351 mg =		382 mg
Spinach, boiled	Cup	180 g		x 245 mg =		136 mg
Tofu	Slice	84 g		x 26 mg =		31 mg
Tomato puree	Cup	250 g		x 45 mg =		18 mg
Yogurt	Cup	180 g		x 304 mg =		169 mg
Water, ground	Daily	3'200 g		x 154 mg =		4.8 mg
Water, spring	Daily	3'200 g		x 19 mg =		0.6 mg
Water, surface	Daily	3'200 g		x 115 mg =		3.6 mg
Water, distilled	Daily	3'200 g		x 0 mg =		0.0 mg
				TOTAL Calcium:		

Age	Calcium Intake sufficient for 95% population
0 – ½ year	200 mg
½ – 1 year	260 mg
1 – 3 years	700 mg
3 – 8 years	1'000 mg
8 – 13 years	1'300 mg
14 and more years	1'200 mg
14 and more years, eating a lot of protein (gym training, heavy worker,...)	1'800 mg

Sources:

- USDA Nutrient Database and The mineral composition of water and its contribution to calcium and magnesium intake, Choon Nam Ong, A.C. Grandjean and R.P. Heaney.
- Mayo Clinic: Calcium and diet

This table is a part of the Twibright Distillcooker project an open source DIY cooker that produces distilled drinking water as byproduct of cooking. You can check your magnesium in the preview document of Distillcooker on page 39.

<http://ronja.twibright.com/distillcooker/>