

Calcium Collector

Introduction: Be the first player to collect 1,300 calcium points (mg of calcium).

Take away messages:

- Tweens and teens need more calcium than adults (1,300 milligrams per day for tweens and teens versus 1,000 milligrams per day for adults).
- You have many options when choosing foods with high levels of calcium. Look for nutrient-rich, low fat foods.

Materials:

- 1 die
- Food list
- Scorecard
- Pencil
- Scratch paper (optional)
- Calculator (optional)

What to do:

1. Roll the die to see who goes first.
2. Player one rolls the die.
3. Player 1 looks at the category of foods that matches the number rolled. Player 1 should select a food from the list and add the calcium points to his/her scorecard.
4. Make sure to scratch a selected food off of the list after a player has added its points so that another player cannot use it later.
5. Be the first player to collect 1,300 calcium points (mg of calcium).

Questions to ask & things to discuss:

- What foods from the list are higher in calcium than others? Which ones were you surprised about?
- Low-fat and fat-free milk products—milk, yogurt, and cheese—are particularly excellent sources because they are high in calcium. Because some milk products are also high in fat, it's important to choose low-fat or fat-free versions of these products.
- Lactose-intolerant people can now buy calcium-fortified soy beverages, orange juice, and breakfast cereals. These products may serve as calcium sources for people who don't eat or can't digest milk products.



Calcium Collector Food List

Category 2	Calcium Points (Milligrams of Calcium)
Cheese puffs (3 oz.)	48
Cupcake, chocolate, with frosting, low-fat (1 cupcake)	15
Fruit punch juice drink, from frozen concentrate (8 oz.)	17
Potato chips (3 oz.)	7

Category 1	Calcium Points (Milligrams of Calcium)
Chocolate bar (Mr. Goodbar™) (1 bar)	54
Chocolate chip cookies made from refrigerated dough (2 cookies)	6
Glazed doughnut (yeast) (1 doughnut)	0
Microwave popcorn with butter (1 cup)	11
Soda (Bottled carbonated beverage with caffeine, 16 oz.)	10

Category 6	Calcium Points (Milligrams of Calcium)
Canned sardines with bones (3 oz.)	325
Cheese pizza (1 slice)	182
Fruit yogurt, low-fat (1 cup)	345
Milk, fat-free (1 cup)	306
Milk, 1% low-fat (1 cup)	290
Orange juice with added calcium (1 cup)	351
Plain yogurt, fat-free (1 cup)	452
Ricotta cheese, part skim (1/2 cup)	335
Sesame seeds, whole, toasted, and roasted (1 oz.)	280

Category 5	Calcium Points (Milligrams of Calcium)
American cheese, low-fat and fat-free (2 oz., about 3 slices)	323
Cheddar cheese, low-fat and fat-free (1 1/2 oz.)	307
Cottage cheese, low-fat (1/2 cup)	69
Milk, fat-free (1 cup)	306
Milk, 1% low-fat (1 cup)	290
Soy beverage with added calcium (1 cup)	368
Soybeans, cooked (1 cup)	130
Swiss cheese, low-fat and fat-free (1 1/2 oz.)	336

Category 4	Calcium Points (Milligrams of Calcium)
Baked beans (1 cup)	154
Blackstrap molasses (1 Tbsp.)	172
Bok choy, boiled (1 cup)	158
Broccoli, raw (1 cup, chopped)	43
Collard greens, frozen, boiled (1/2 cup)	179
English muffin, whole wheat (1 muffin)	175
Frozen yogurt, soft-serve vanilla (1/2 cup)	103
Macaroni and cheese (1 cup)	92
Salmon, canned with bones (3 oz.)	181
Spinach, cooked from frozen (1/2 cup)*	146
Tofu, firm, with added calcium sulfate (1/2 cup)	253
Tomato soup prepared with fat-free milk (1 cup)	159
Turnip greens, frozen, boiled (1/2 cup)	125

Category 3	Calcium Points (Milligrams of Calcium)
Almonds (1 oz., approx 23 nuts)	70
Black beans, boiled (1 cup)	46
Broccoli, cooked (1 cup, chopped)	62
Orange (1 medium)	70
Parmesan cheese, grated (1 Tbsp.)	55
Red kidney beans, boiled (1 cup)	50
Sardines (2 sardines)	92
Swiss chard, boiled (1/2 cup)*	51
Tortilla, corn (6")	42
Tortilla, flour (7")	58



Activity Adaptation

