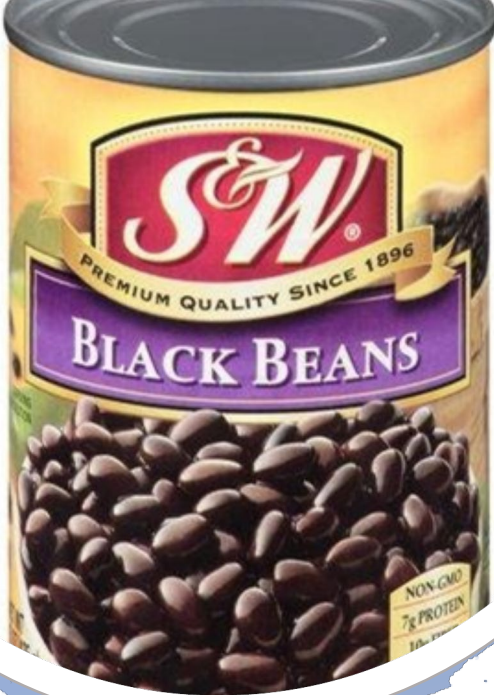


Calcium Questions



Presenter's Notes

Calcium Questions

Purpose

- To highlight the importance of calcium
- To learn food sources of calcium

Activity Contains

- 14 question cards that can be tailored to meet the needs of your group

How to use the activity

- Read each question out loud to your group, then discuss the answer
- Use together with *Your meals need **Calcium** Boosters* binder to give participants ideas of how they can boost their calcium intake

Question

What does calcium do?

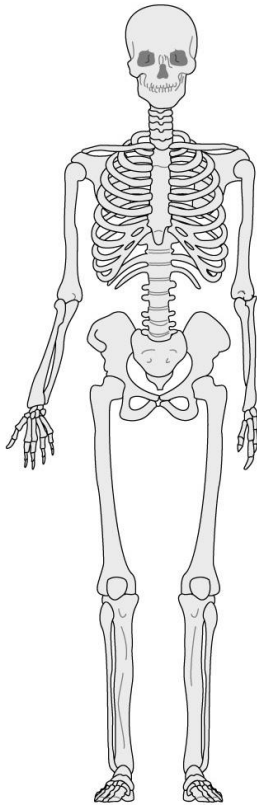
What does calcium do?



Answer

Calcium builds strong bones and teeth for you and your baby.

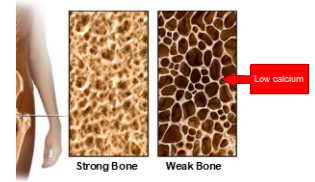
What does calcium do?



Question

What happens if you do not get enough calcium?

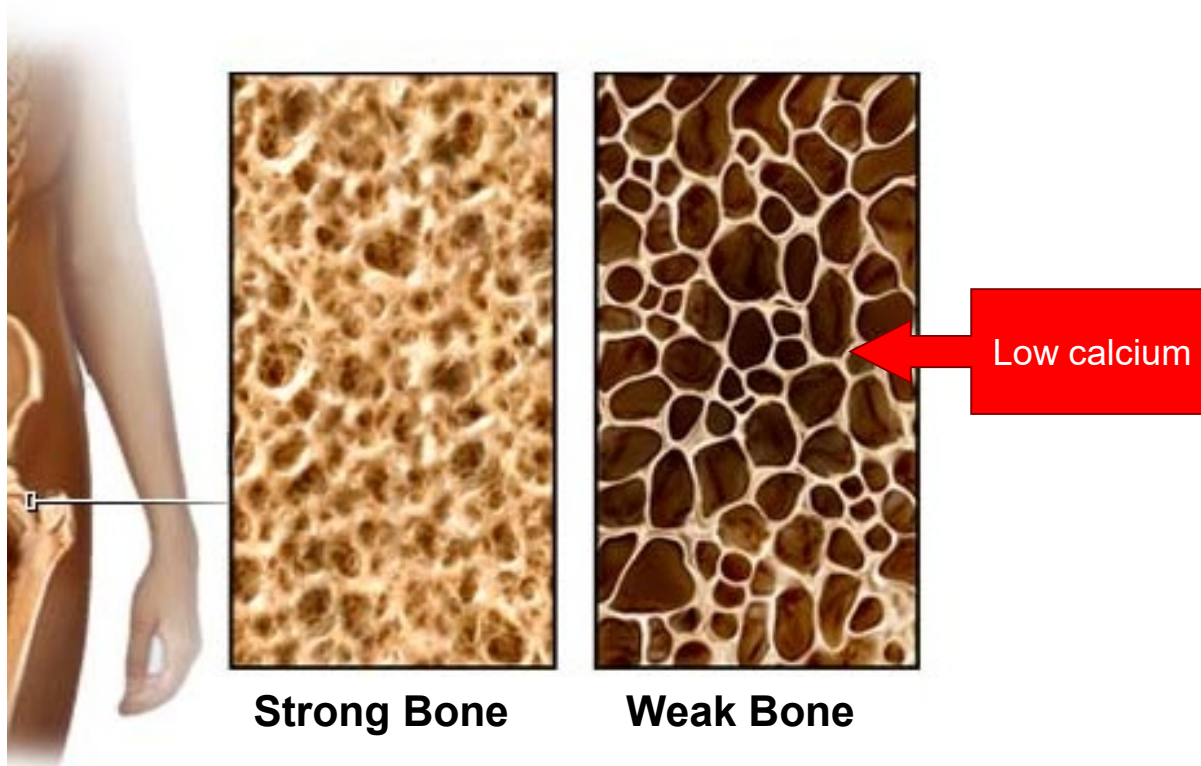
What happens if you do not get enough calcium?



Answer

Your bones become **weak** if you do not get enough calcium. The bones can become porous and less dense.

What happens if you do not get enough calcium?



Question

What is Osteoporosis?

What is
Osteoporosis?



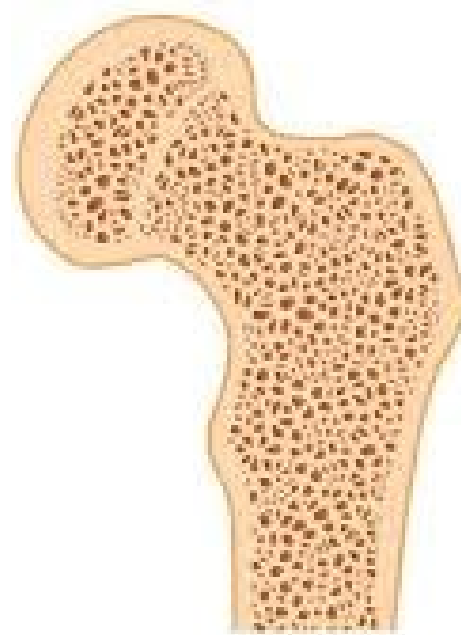
Answer

The word osteoporosis means the following:

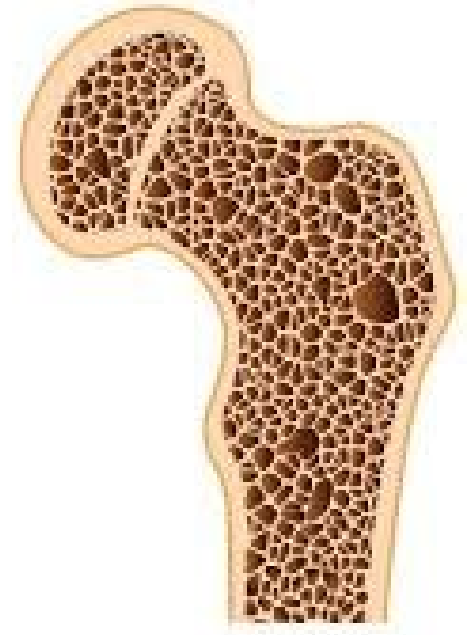
OSTEO = Bone
POROUS = spongy

- Your bones become thin, weak and porous instead of being strong and dense like a brick
- You are at risk of osteoporosis if you don't get enough calcium and vitamin D every day
- Did you know?
 - 1 out of every 3 women and 1 out of every 5 men will have a fracture caused by osteoporosis
 - 2 million Canadians are affected by osteoporosis
 - Building bones during childhood and adolescence is the best way to prevent osteoporosis later in life (reference: osteoporosis.ca)

What is Osteoporosis?



Healthy bone



Osteoporosis

Question

In pregnancy, how does calcium intake affect your baby?

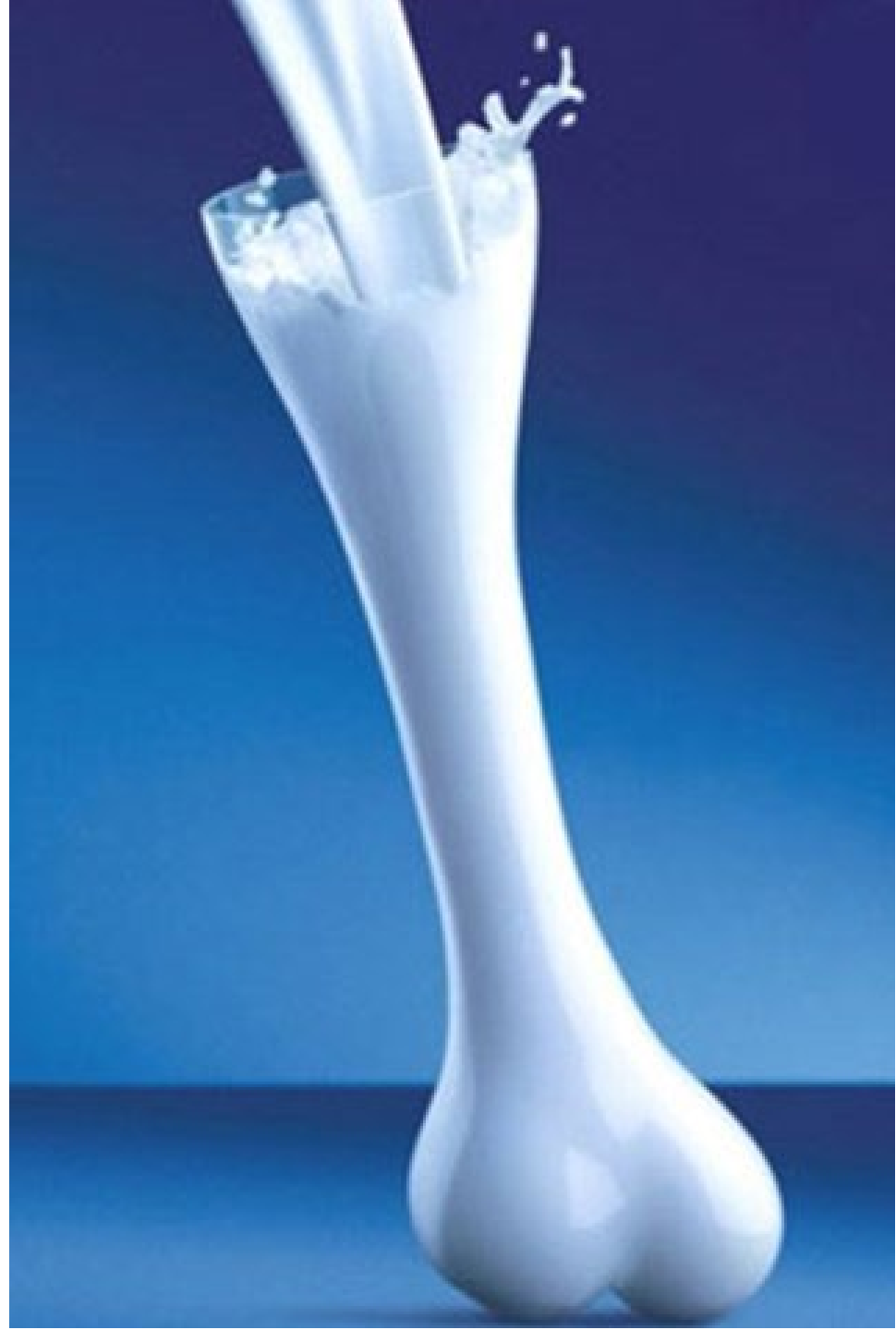
In pregnancy,
how does
calcium intake
affect your baby?



Answer

- Without enough calcium in pregnancy, your baby will take calcium from your bones to make strong bones for itself
- Our bodies are designed to ensure babies have what they need while they are growing inside of you

**In pregnancy,
how does
calcium intake
affect your baby?**



Question

How much calcium do you need in a day?



Answer

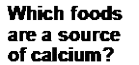
Age (years)	Calcium per day
1 to 3	700 mg
4 to 8	1000 mg
9-18	1300 mg
19-50	1000 mg

NOTE: Infants 0-6 months need 200mg of calcium per day and infants 7-12 months need 260mg calcium each day. Breastmilk and formula will provide their daily requirement.



How much calcium do you need in a day?

Which foods are a source of calcium?



- Dairy foods are an excellent source of calcium. This includes cheese, yogurt and cow's milk.
- Non-dairy beverages such as almond, cashew, oat, hemp beverages can also be a source of calcium
 - Make sure they are fortified or enriched
 - This means calcium and vitamin D (and other nutrients) have been added; read the label to be sure
- Other sources include beans (not green beans), almonds, salmon with bones, sardines with bones, tofu



**Which foods
are a source
of calcium?**

Question

Which milk should adults drink?



Answer

- Choose a lower fat cow's milk (skim, 1%, 2%) – they all have the same amount of calcium; choose one that works for you
- If choosing a non-dairy beverage, make sure it is fortified or enriched

Which milk should adults drink?



0% or Skim



1%



2%



3.25%



Goat



Soy



Non-dairy beverages



Question

Which milk should be offered to your child after age 1?



Answer

- If you are breastfeeding, keep breastfeeding
- 3.25% (homogenized/whole) cow's milk can be offered **to children over the age of 1**
- After age 2, you can offer lower fat cow's milk e.g. 2% or 1% cow's milk
- **Non-dairy beverages are not recommended** for children under the age of 2 years because they are low in fat and protein which are needed for growth and development.
- **Fortified soy beverages** can be given to children **who are 2 years and older** because they have similar nutrition to 2% cow's milk. *Other non-dairy beverages may not have the same nutrition*



**Which milk
should be
offered to
your child
after age 1?**

Question

How are non-dairy beverages different from cow's milk?



Answer

- Non-dairy beverages are **only** a good source of calcium and vitamin D if they are **fortified/enriched**
- Fortified/enriched on the label means that nutrients have been added
- Non-dairy beverages can be low in protein – choose one with at least **6 grams of protein per cup** (250mL). Soy beverage has 6 grams of protein and many others do not.
- Non-dairy beverages can be high in sugar – choose one that is lower than 10 grams of sugar per cup (250mL)



How are non-dairy beverages different from cow's milk?



Question

Is it possible for your child to drink too much milk?



Is it possible for your child to drink too much milk?

Answer

YES

- A child **over age 1** needs 2 cups of cow's milk per day but **no more than 3 cups** (24 ounces) per day
- Children who drink too much cow's milk become full and have less room for other foods that have important nutrients like iron
 - Iron deficiency can affect their brain development and increase their risk of illness
- Milk is high in calcium but **does not** contain iron
- Food high in iron: all meats, poultry, fish, beans & lentils (but not green beans), tofu, eggs
- Breastfeeding until baby is 2 years old and beyond is encouraged – breastfed babies don't need other milks



**Is it possible for your child to
drink too much milk?**

Question

Can you still get calcium if you are lactose intolerant?

Can you still get calcium if you are Lactose Intolerant?



Answer

YES

- Lactose intolerance means your body can't digest the natural sugar found in cow's milk
- Many people can tolerate lactose in small amounts if taken with meals
- Many people tolerate hard cheese (e.g. cheddar), yogurt and lactose-free milk; speak to your healthcare provider for more information
- There are non-dairy foods and non-dairy fortified/enriched beverages that contain calcium (e.g. soy, almond, rice etc.)

Can you still get calcium if you are Lactose Intolerant?



Question

Do you need a calcium supplement?



Do you need
a Calcium
supplement?

Answer

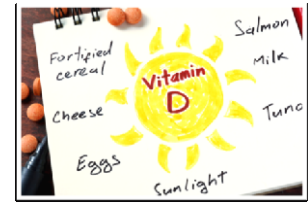
- If you are not getting enough calcium through your diet than it may be helpful; talk to your healthcare provider first
- Prenatal vitamins have some calcium, but not enough to meet your daily requirement
- Getting calcium from food is best; your body absorbs it more easily



Do you need
a Calcium
supplement?

Question

Why is vitamin D important?

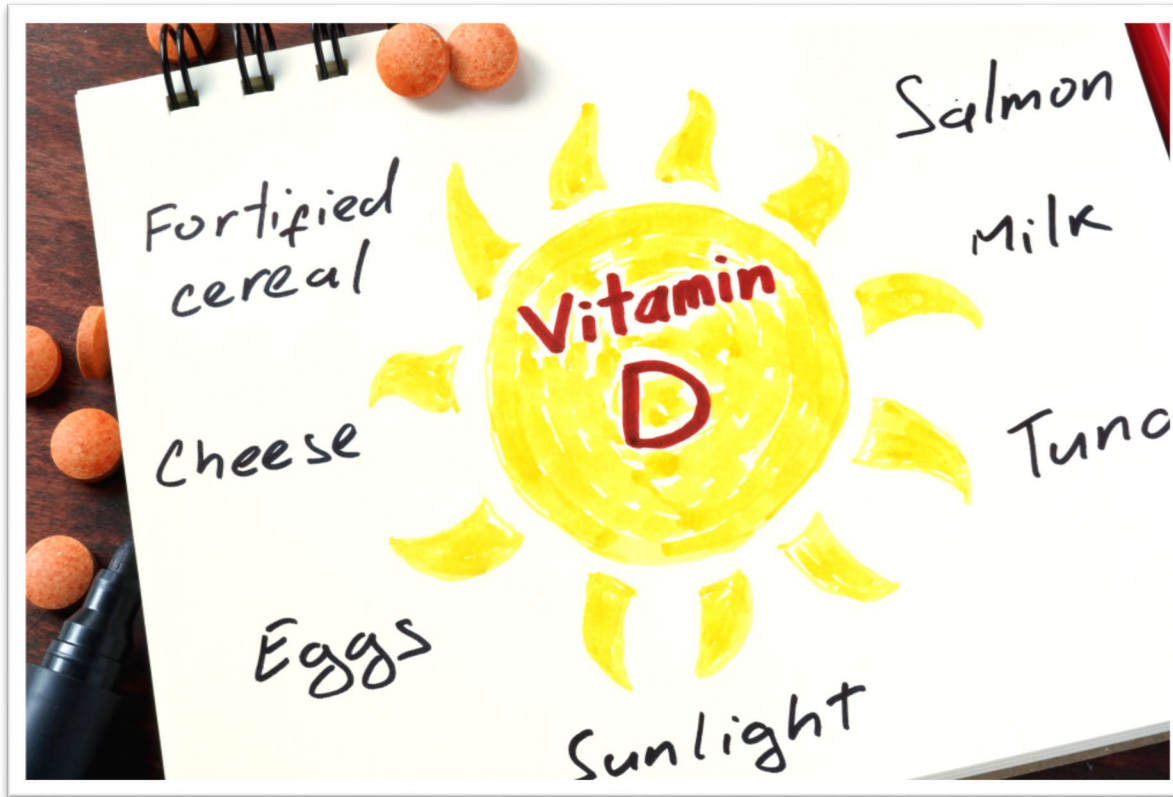


Why is
Vitamin D
important?

Answer

Vitamin D and Calcium work together to make strong bones and teeth

- Sunshine helps our bodies make vitamin D, but in Canada our skin does not absorb enough sunshine in winter to meet our daily requirement
- People who have less skin exposed or people with darker skin absorb less vitamin D from the sun
- Prenatal vitamins have vitamin D; talk with your health care provider to see if you need more vitamin D
- All breastfed babies need a vitamin D supplement; talk to your healthcare provider
- Vitamin D is only found in a few foods and beverages, including cow's milk, some fortified/enriched non-dairy beverages, fatty fish and egg yolk



**Why is
Vitamin D
important?**

Question

Other than food, what else improves bone health?



Answer

Exercise such as walking, yoga, and lifting weights

- Bone and muscle become stronger because the muscle pushes and tugs on the bone to strengthen it



**Other than food,
what else improves
bone health?**



Questions?

- Talk to the dietitian at your group or call Dial-A-Dietitian at 204-788-8248 in Winnipeg or 1-877-830-2892 (free service in Manitoba)
- Facebook @Dial-a-DietitianManitoba