

# Activity



## Activity Outcomes

Participants will be able to:

- Explain that Milk Group foods are the best sources for meeting daily calcium needs
- Explain that all fluid milk has the same amount of calcium regardless of the fat level

## Materials Needed

Food Models for:

- whole milk
- low-fat milk
- fat-free milk
- cheddar cheese
- cream cheese
- broccoli
- whole wheat bread
- ground beef

# Calcium Line-Up

## Activity Synopsis

The participant ranks eight food models in order from highest to lowest calcium content using their general knowledge of the foods. The nutritionist uses the opportunity to teach how to find the percent Daily Value (% DV) on a food label and what Daily Value means. The nutritionist and participant then correct the order using the information on the back of the food model.

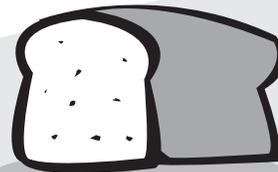
## Estimated Teaching Time

10 minutes

## What to Do

1. Ask the participant how they can find out how much calcium is in the foods they eat. Point out that for most foods, the easiest place to find this information is on the Nutrition Facts label.
2. Tell the participant that they are going to compare the amount of calcium in the foods selected.
3. Place the food models listed under "Materials Needed" on the desk and tell the participant not to look at the back. Be sure to set this up in a relaxed manner so that the participant doesn't feel tested.
4. Tell the participant to line up the food models in order from the highest calcium content to the lowest calcium content.
5. When the participant is satisfied with the line-up, have the participant look at the back of the food models one-by-one (starting with the food model that has the highest calcium content) and move the food models into the correct order from highest calcium content to lowest calcium content.

*Continued on Back*



As the participant corrects the order, teach the following:

- Where to find the Daily Value (DV) for calcium on a food label.
- Explain that the label lists percent Daily Value for calcium in each serving. The goal is for all your servings to add up to 100% DV for the day. This is also a good opportunity to teach that a food that has 10% DV of calcium is considered a “good” source of calcium and a food with 20% DV of calcium is considered an “excellent” source of calcium.

The correct order of food models should be:

- fat-free milk
- low-fat milk
- whole milk
- cheddar cheese
- cooked broccoli
- whole wheat bread
- cream cheese
- ground beef

6. Ask if there are any surprises. Most participants will be surprised with the following:

- That all milk, no matter what the fat level, has roughly the same amount of calcium.
- That Milk Group foods are the best sources of calcium.
- That even vegetables known for having calcium have only small amounts. For example, it would take over three cups of broccoli or five cups of raw spinach to equal the calcium in a cup of low-fat milk.
- That cream cheese is not like most other cheeses. It is similar to butter. All hard cheeses, like milk, are excellent sources of calcium.

Nutrition Facts			
Serving Size 8 fl oz (240 ml)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 100	Calories from Fat 20		
	% Daily Value*		
<b>Total Fat</b> 2.5g	<b>4%</b>		
Saturated Fat 1.5g	<b>8%</b>		
<b>Cholesterol</b> 10mg	<b>3%</b>		
<b>Sodium</b> 130mg	<b>5%</b>		
<b>Total Carbohydrate</b> 12g	<b>4%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 11g			
<b>Protein</b> 8g			
Vitamin A 10%	Vitamin C 4%		
Calcium 30%	Iron 0%		
Vitamin D 25%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Staff Notes

- All fluid white milk has roughly 30% DV for calcium. Chocolate milk has 28% DV for calcium since some fluid is displaced by the cocoa and sugar. Whole milk has 29% DV for calcium since the fat displaces some of the fluid containing the calcium.
- If the participant mentions calcium-fortified juice, point out that it is not a substitute for milk. In addition to calcium, milk provides vitamin D, protein, riboflavin, phosphorus, and B vitamins that calcium-fortified juices do not provide.

