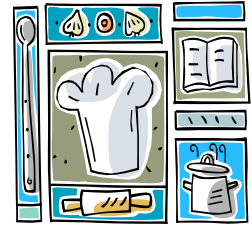


# CALCIUM:



**How much are you getting?**  
**How much do you need?**

⇒ Pick one day from your food record to analyze. Use the form below and the Food List at the back of this worksheet to calculate how much calcium and phe your food provided. Include the calcium from your formula.

FOOD EATEN	AMOUNT EATEN	CALCIUM (GRAMS)	PHE (MILLIGRAMS)

How much calcium did you get from foods? \_\_\_\_\_

How much calcium did you get from formula? \_\_\_\_\_

- Take a look at your food record. Which food(s) provided most of your calcium intake?

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- What percent of your calcium intake came from food? \_\_\_\_\_  
(total from food ÷ total for day = percent from food)
- What percent of your calcium intake came from formula? \_\_\_\_\_  
(total from formula ÷ total for day = percent from formula)

⇒ How much calcium you need each day depends on how old you are. The recommended intakes per day for calcium (known as the Dietary Reference Intakes) are listed below:

	<u>Males</u>	<u>Females</u>
4 — 8 years	800 mg	800 mg
9 — 13 years	1300mg	1300 mg
14 — 18 years	1300 mg	1300 mg

- How much calcium do **you** need each day? \_\_\_\_\_ mg
- Take another look at your calculated food record. What percent of the *recommended* calcium intake level did you take in? \_\_\_\_\_  
(your actual intake ÷ recommended intake = percent of the recommended intake)

If you drank all of your formula, it is likely that your calcium intake was greater than 100% of what is recommended. That is alright. Too much calcium is **not** dangerous.

⇒ Nutrient compositions of several foods are listed below. Which food is *most* like Phenyl-Free 2 (when you compare calcium)? \_\_\_\_\_

Food	Calcium (mg)	Protein (gm)	Phe (mg)
PHENYL-FREE 2 100 grams	730 mg	22 gm	0 mg
Mocha Mix 100 grams	<b>10</b> mg	0.4 gm	14 mg
Nonfat Milk (powdered) 100 grams	<b>1250</b> mg	36 gm	1750 mg
Kool Aid 100 grams	0 mg	0 gm	0 mg



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<b>Food</b>	<b>Energy (calories)</b>	<b>Protein (gm)</b>	<b>Phe (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Phenyl-Free 2 100 grams	410 calories	22 gm	0 mg	730 mg	12.2 mg
<b>F r u i t s</b>					
Apple—1 medium	106 calories	0.4 gm	9 mg	10 mg	0.25 mg
Applesauce—½ cup	97 calories	0.3 gm	7 mg	5 mg	0.45 mg
Banana—1 medium	105 calories	1.2 gm	43 mg	7 mg	0.37 mg
Grapes—1 cup	58 calories	0.6 gm	12 mg	13 mg	0.27 mg
Honeydew Melon—1 cup	50 calories	0.6 gm	24 mg	11 mg	0.12 mg
Orange—1 medium	70 calories	1.5 gm	38 mg	52 mg	0.13 mg
Strawberries—1 cup	45 calories	0.8 gm	12 mg	20 mg	0.55 mg
Fruit roll up—1	40 calories	0.1 gm	3 mg	0 mg	0 mg
Fruit snacks—1 pouch	90 calories	0.1 gm	3 mg	0 mg	0 mg
<b>V e g e t a b l e s</b>					
Bell pepper—½ cup	16 calories	0.6 gm	20 mg	5 mg	0.25 mg
Broccoli—½ cup	11 calories	1.2 gm	33 mg	34 mg	0.5 mg
Carrots—½ cup	24 calories	0.6 gm	18 mg	20 mg	0.5 mg
Corn—½ cup	65 calories	2.8 gm	126 mg	3 mg	0.3 mg
Green beans—½ cup	18 calories	0.9 gm	34 mg	29 mg	0.6 mg
Lettuce—½ cup	4 calories	0.4 gm	19 mg	9 mg	0.3 mg
Mushrooms—½ cup	9 calories	0.7 gm	28 mg	4 mg	0.73 mg
Pickle—1 medium	12 calories	0.4 gm	10 mg	6 mg	0.36 mg
Potato – med. (200 gm)	160 calories	4.4 gm	183 mg	26 mg	1.66 mg
French fries—20-25	270 calories	4.0 gm	155 mg	12 mg	1.0 mg
Tomato—med. (125 gm)	36 calories	1.4 gm	37 mg	6 mg	0.55 mg
Spaghetti sauce—¼ cup	50 calories	2.1 gm	32 mg	14 mg	0.5 mg

Food	Energy (calories)	Protein (gm)	Phe (mg)	Calcium (mg)	Iron (mg)
<b>Bever ages</b>					
Apple juice—8 oz (1 cup)	120 calories	0 gm	0 mg	17 mg	0.9 mg
Orange juice—8 oz (1 cup)	112 calories	1.8 gm	22 mg	22 mg	0.25 mg
Kool Aid—8 oz (1 cup)	98 calories	0 gm	0 mg	0 mg	0 mg
Mocha Mix—¼ cup	80 calories	0.2 gm	8 mg	2 mg	0 mg
<b>Cer eal s</b>					
Apple Jacks—½ cup	55 calories	0.8 gm	41 mg	4 mg	2 mg
Corn Pops—½ cup	55 calories	0.6 gm	32 mg	2 mg	1 mg
Frosted Flakes—½ cup	75 calories	0.9 gm	46 mg	1 mg	3 mg
Rice Krispies—½ cup	55 calories	1.0 gm	45 mg	2 mg	0.7 mg
<b>Past a, Rice, and Br ead</b>					
<b>Low Protein</b>					
Pasta—1 cup	220 calories	0.2 gm	12 mg	0 mg	0 mg
Rice—1 cup	210 calories	0.2 gm	7 mg	0 mg	0 mg
Bread—1 slice	100 calories	0.3 gm	15 mg	0 mg	0 mg
<b>Regular</b>					
Pasta—1 cup	208 calories	7.2 gm	350 mg	10 mg	2.0 mg
Rice—1 cup	245 calories	4.4 gm	236 mg	25 mg	1.9 mg
Bread—1 slice	90 calories	2.8 gm	140 mg	20 mg	0.7 mg
<b>Candy and Snacks</b>					
Hard candy—1 oz (5 pieces)	100 calories	0 gm	0 mg	1 mg	0 mg
Twizzlers—1 twist	36 calories	0.3 gm	18 mg	0 mg	0.2 mg
Skittles—1 bag	250 calories	0.2 gm	9 mg	0 mg	0 mg
Bugles—½ cup (12)	52 calories	0.8 gm	24 mg	18 mg	0.4 mg
Corn chips—1 oz	130 calories	2.4 gm	100 mg	36 mg	0.4 mg
Popcorn—1 cup popped	35 calories	0.7 gm	35 mg	1 mg	0.2 mg
Potato chips—1 oz	152 calories	2.0 gm	92 mg	7 mg	0.4 mg
Pretzels—1 oz	112 calories	2.8 gm	125 mg	11 mg	1.3 mg
Lemon Pudding—1 snack pack	125 calories	0 gm	0 mg	3 mg	0.1 mg



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