

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Nutrient Analysis:

Calcium

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Calcium is a **mineral** found in many foods. The body needs calcium to maintain strong bones and to carry out many important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

The body needs calcium for muscles to move and for nerves to carry messages between the brain and every body part.

Calcium is used to help blood vessels move blood throughout the body and to help release hormones and enzymes that affect almost every function in the human body.

Read More at:

<https://ods.od.nih.gov/factsheets/Calcium-Consumer/>

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. Oct. 2019

Nutrient Analysis:

Calcium

Pexels.com: Alexas Fotos



According to the Academy of Nutrition and Dietetics, calcium is one of several nutrients which becomes more important as we age.

Getting the recommended 1000 mg (1200 mg if over age 70), is critical for bone health. The use of certain apps and websites such as Cronometer.com or the USDA food composition database can assist you in achieving your daily calcium target.

Weekly Challenge:

Choose an app or website, enter your food for a day, and learn your calcium intake for that day.



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Did You Know...

Calcium absorption is best when a person consumes no more than 500 mg at one time. So if you take 1,000 mg/day of calcium from supplements, you should split the in half instead of taking it all at once.

Calcium supplements may cause gas, bloating, and constipation. If any of these symptoms occur, try spreading out the calcium dose throughout the day, taking the supplement with meals, or changing the supplement brand or calcium form you take.

Long term, intakes of calcium below recommended levels have consequences, such as causing low bone mass (osteopenia) and increasing the risks of osteoporosis & bone fractures. Symptoms of serious deficiency include numbness and tingling in the fingers, convulsions, & abnormal heart rhythms that can lead to death if not corrected.

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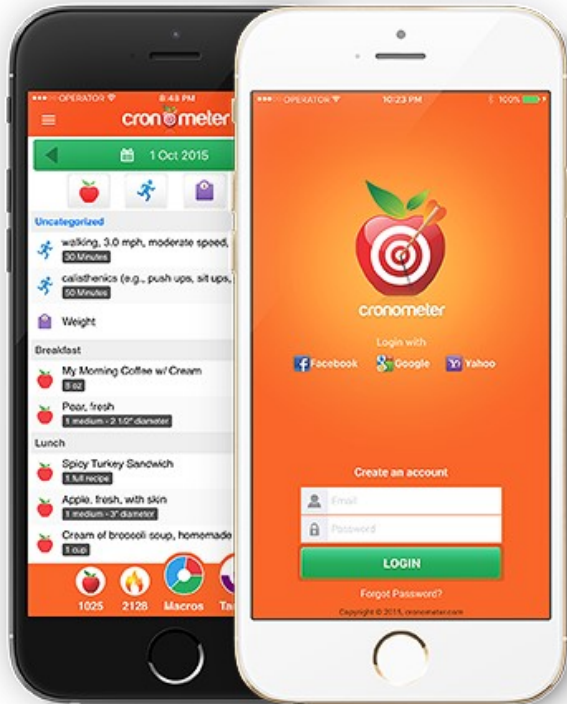


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Nutrient Analysis Website:
Cronometer.com



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Nutrient Analysis Website:
Cronomter.com



Tracking the foods you eat each day on a website ,or app on your phone, is a great way to analyze your diet.

Cronometer is free and available to anyone that would like to track their daily diet and exercise.

Weekly Challenge:
Track what you eat and drink in one day at Cronometer.com to analyze the foods you are eating.



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Nutrient Analysis Website:
Cronometer.com



It is very user friendly and tracks 60+ nutrients for over 300,000 foods. You can either use the website or the app on your phone for logging foods on the go.



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Keeping Up with Hydration:

Hydration Apps

Here are some more examples:

iPhone

Drink Water Reminder

iDrated

Watango

Water Log

Android

AddWater Pro

Gulp

Water Tracker

Water Minder

**“Hydrate to think straight
& feel great!”**

Pam VanKampen, RDN, CD

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Keeping Up with Hydration:

Water

The human body is at
least 50% water!



Staying hydrated is a very important part of
staying healthy.

Water is needed to:

- ⇒ Balance body temperature
- ⇒ Remove wastes
- ⇒ Carry nutrients and much more.

Water is essential to live, do not forget to
drink it throughout the day!

Weekly Challenge:

Try using an app or website that can help
you to track water intake! Try using the app
<https://www.waterlogged.com/>

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Keeping Up with Hydration:

Waterlogged.com

Here are some of the things you can do at
the website or with the app.

- ◆ Get reminders on your phone when you
need them and build a good water habit.
- ◆ Track your water consumption by day,
week, or year. See at a glance how you're
doing.



waterlogged
drink more water

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Nutrient Analysis Website and App: Cronometer

This app and website allows users to track their daily food intake, how much water they drink, and their physical activity.

It provides a complete nutrient analysis on every food you enter and allows you to reference your daily and weekly averages of nutrient intake to see which nutrients you are lacking or consuming too much of. This information makes it easier to make dietary improvements.



Pixabay.com: Silvia photographer)

Weekly Challenge

Try logging 1-2 days of your daily intake to assess your eating habits. Use the resources available to understand a change you can make for the upcoming week.

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Nutrition Tracker Website and App: ChooseMyPlate

Track your daily intake with the ChooseMyPlate website or app and learn more about nutrition!

This resource provides information about the 5 food groups: fruit, vegetables, grains, protein, and dairy. In addition, it helps people plan for a healthy life by suggesting recipes and proper eating habits through educational resources, videos, and graphics and more.

Weekly Challenge

Take 30 seconds to complete the “MyPlate Plan” this week. Aim to eat the number of servings of each of the 5 food groups according to your personalized plan.



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Water Intake Tracker App: Waterlogged

This free app provides reminders to drink enough water each day. It also displays progress meters based on your daily goals of water intake. Charts can be generated that track how much water you drink per day, month, and year, showing how your intake changes.

Staying hydrated has many healthy benefits:

1. Body temperature regulation
2. Increased skin health
3. Flushing out bodily wastes
4. Maintaining blood pressure
5. Preventing cramps and sprains
6. Relieving and preventing headaches



Pixabay.com Boris Trost (photographer)

Weekly Challenge

Divide your weight (in pounds) by 2. Aim to drink that many ounces of water each day this week, or work up toward it.

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