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

**Nutrient Analysis:**

**Calcium**

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/

**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 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.

**Weekly Challenge:**

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

**GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Tom Paine. Oct. 2019**
Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

**Nutrient Analysis Website:**

Cronometer.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.

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.
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

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/

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.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Oct. 2019

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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.

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.

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.

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 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.

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

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.