

CALCIUM NEEDS FOR YOUNG ATHLETES

Total calcium needs for young athletes is 1300 mg/day. Below is an example of how to get enough calcium through diet:

BREAKFAST

A bowl of cereal with 1 cup of low fat milk (300 mg calcium)

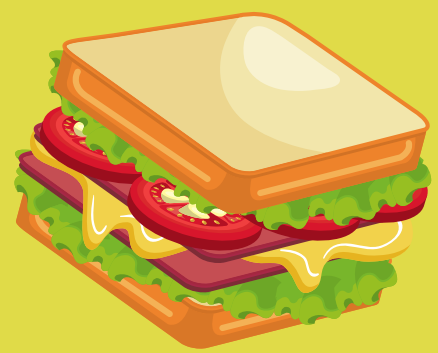


SNACK

1 low fat yogurt cup (200 mg calcium)

LUNCH

1 turkey sandwich with 2 slices of cheese (400 mg calcium)



POST PRACTICE

12 oz glass of low fat chocolate milk (420 mg calcium)

CALCIUM BENEFITS

- Calcium is the most abundant mineral in the body
- Calcium is required for growing bones to reach peak bone mass
- Calcium is used in muscle contraction
- Athletes lose calcium through sweating
- Calcium can help prevent fractures

Andrea Chernus RD, CSSD, Mary Davis

National Institute of Health. Calcium Fact Sheet for Health Professionals. 2017
Kunstel, Katherine RD, LD, CNSD. Calcium Requirements for the Athlete. Current Sports Medicine Reports 2012; 4:203-206