



Performance Nutrition Pathway Program

U16 Module 1 Activity 1

IRON AND CALCIUM CHECK-UP

In today's activity you will calculate your personal requirements for two VERY important and often under consumed nutrients for adolescent athletes.

Step 1: Use this guide to calculate your daily requirements for calcium and iron

<https://www.eatforhealth.gov.au/webform/daily-nutrient-requirements-calculator>

My Daily Calcium needs are;	
My daily iron requirements are;	

IRON IN FOODS

Animal Based Iron sources

Food source	Serve Size	Iron content
Organ meat (liver)	100g	11mg
Beef	100g	3.5mg
Kangaroo	100g	3.2mg
Salmon	100g	1.3mg
Tinned Tuna	100g	1.1mg
Pork	100g	~1mg
Chicken	100g	~0.5mg

Plant Based Iron sources

Food source	Serve Size	Iron content
Fortified Breakfast cereals (e.g. Weetbix)	100g	4.2mg
Kidney beans, Lentils	1 Cup	3.0mg
Tofu	100g	3.0mg
Chic Peas	1 Cup	2.7mg



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Cooked wholemeal Pasta	1 Cup (140g)	2..mg
Raw Spinach	1 Cup	1.2mg
Rolled Oats	30g	1.1mg
Almonds	30g	1.1mg
Dried Apricots	30g (5 apricots)	1mg
Broccoli	1 Cup	0.9mg
Cooked brown rice	1 Cup (140g)	0.75mg
Wholegrain Bread	2 slices	0.8mg

Step 2: Using iron containing foods from the tables , create a meal plan that meets your iron needs

Meal	Foods containing iron	Amount (mg)
BREAKFAST		
Snack		
LUNCH		
Snack		
DINNER		
TOTAL IRON INTAKE		

Reflection: Do you think you achieve this most days? If not, how can you make this happen?



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U16 Module 1 Activity 2

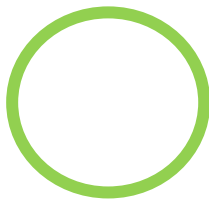
Step 1: Download and print this Dairy Australia fact sheet.

<file:///C:/Users/HP/Downloads/Calcium-content-list-Feb-2013.pdf>

Step 2: Circle the foods you typically eat in one day

Step 3: Using the calcium values in the table, calculate your daily calcium intake and compare this to your requirements from Activity 1.

My Daily calcium intake =



Calcium Content List			
Dairy Australia			
Food	Serving Size	Calcium Content (mg)	
 Milk	Regular	250ml (1 cup)	295
	Reduced fat	250ml (1 cup)	295
	Low fat	250ml (1 cup)	272
	Skim	250ml (1 cup)	303
	Evaporated	125ml	343
 Yoghurt	Regular	20ml	21
	Reduced fat	20ml	20
	Low fat	20ml	22
	Skim	20ml	24
	Regular	125ml (½ cup)	136
 Cheese	Reduced fat	125ml (½ cup)	183
	Low fat	125ml (½ cup)	136
	Skim	125ml (½ cup)	151
	Regular	250ml (1 cup)	275
	Reduced fat	250ml (1 cup)	300
 Butter	Plain, regular	200g (1 lb)	371
	Plain, low fat	200g (1 lb)	468
	Fruit, regular	200g (1 lb)	315
	Fruit, low fat	200g (1 lb)	323
	Cheddar	40g (2 slices)	305
 Cheese	Edam	40g (2 slices)	336
	Mozzarella	¼ cup	182
	Parmesan	1 tablespoon	78
	Cottage cheese	1 tablespoon	16
	Cream cheese	1 tablespoon	16

Reflection: Do you achieve your daily calcium needs? If not, how can you make this happen?
