

Participant Information Sheet

You have been selected by chance to be in the **Dietary Calcium Group**.

For the duration of the 1-year study, we ask that you:

1. Take 1 capsule of vitamin D supplement (400 IU) after your first meal of the day.
2. Increase the amount of foods rich in calcium in your diet to 3 servings per day.

What foods are rich in calcium?

For the purpose of this study, foods that contain 250-300 mg of calcium per serving, or 25-30% of your % daily value of calcium per serving, are considered rich in calcium. These include:

A. Dairy

All foods that are made from milk are considered rich in calcium, but some contain more calcium than others. Here is a list of dairy foods and examples of what is considered 1 serving of each:

<u>Food</u>	<u>Serving size</u>	<u>Food</u>	<u>Serving size</u>
Milk ...	1 cup or 250 ml	Soft cheese ...	50g or the size of 3 stacked dice
Plain yogurt ...	¾ cup or 175 ml	(blue, feta)	
Fruit flavoured yogurt ...	1 cup or 250 ml	Firm cheese ...	35g or the size of 2 stacked dice
		(cheddar, Swiss, Gouda)	
		Parmesan cheese ...	4 Tbsp or 60 ml grated

B. Non-dairy foods

Some foods that are not made from milk still contain calcium either naturally or because they are fortified. Again, certain foods contain more calcium than others. Here is a list of non-dairy foods and examples of what is considered ½ serving of each:

<u>Food</u>	<u>Serving size</u>
Tofu (made with calcium) ...	100 g or 100 ml
Salmon, canned, with bones ...	70 g or ⅓ of a can
Alternative milk beverage fortified with calcium ...	½ cup or 125 ml
(soy, almond, rice, orange juice)	

Please note that the portion sizes presented are estimates. It is important to always refer to the Nutrition Facts table of packaged foods that are rich in calcium for more accurate information on their calcium content.

C. Other foods rich in calcium

There are other foods that contain calcium, but the calcium content in a typical serving of these foods is much lower than 250-300 mg. Here is a list of other foods that contain calcium. If you eat **more than the amount indicated per day** for any of these foods, please let the research team know. In some cases it may be necessary to count these foods towards your servings of calcium rich foods.

<u>Food</u>	<u>Amount</u>	<u>Food</u>	<u>Amount</u>
Collard greens, cooked ...	¼ cup	Kale, bok choy, okra, cooked ...	½ cup
Baked beans ...	½ cup	Broccoli ...	1 cup
Soybeans, cooked ...	½ cup	Almonds ...	¼ cup
White beans, cooked ...	½ cup	Blackstrap molasses ...	1 tsp

What did I eat yesterday?

As a participant of the Calcium study, you will be asked “What did you eat yesterday?” at least once a month. To help you best report the foods you eat, here are some details we would like you to keep in mind.

1. How was it prepared?
2. What was the brand?
3. What was the variety?
4. How much did you eat?

Are there any tips that will help me estimate the amount of food that I ate?

- Measure the amount of foods you eat often at least once.
- Pay attention to the recipe of foods you prepare and the portion of the recipe that you ate.
- Read the packaging, such as the container or wrapper, of packaged foods.
- Compare the amount of food you ate to the size of common household items.

When should I contact the research team?

Please advise a member of the research team if you become ill or before you start to take any new medications, vitamins, or supplements.

Study Co-ordinator: Michelle Wall..... (514) 934-1934 ext. 45742
 Study Dietitian: Angel Ong..... (514) 934-1934 ext. 43715

Your 1-week phone call will take place on: _____

Your 6-month follow-up visit will be scheduled in: _____