Researchers find ice cream a 'good source' of calcium

By LINDSEY ALBRECHT

As announced in the March/April issue of this magazine, 15% of ice cream brands and 11 of 13 frozen yogurt brands tested for calcium in New York City by the University of California, Berkeley, found that the majority meet the U.S. Food and Drug Administration's (FDA) definition of a "good source" of calcium.

In addition, two of the ice creams could be considered a "very good source" of calcium, as defined by the FDA. "MCAT Review - Atlanta, GA"

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The issues for three full-size figures: Burgundy, Bronze, and Black & Gray have been selected. The first three issues are 10 single-line and one 10-line box. Most of the data has been translated into a diagram format.

The figure shows the results of a study on the effects of ice cream consumption on calcium levels in the blood. The data is presented in a bar chart format, with the x-axis representing the different ice cream brands and the y-axis representing the calcium levels (in mg). The bars indicate the percentage of calcium intake from each ice cream brand.

The highest calcium intake is from Chocolate Chip ice cream, followed by Mint chocolate chip and Caramel ice cream. The lowest calcium intake is from Plain and Strawberry ice cream.

The study was conducted to determine if consuming ice cream could improve calcium levels in the blood, as calcium is an important mineral for bone health and other bodily functions.

The researchers found that consuming ice cream did not lead to increased calcium levels in the blood. In fact, the results were contrary to what was expected, as ice cream is generally considered a high-sugar food item, which could negatively impact calcium levels.

Further research is needed to fully understand the impact of ice cream consumption on calcium levels in the blood. The study highlights the need for more comprehensive research in this area to provide accurate information for dietary guidelines and recommendations.

The study was conducted by a team of researchers from the University of California, Berkeley. The research was sponsored by the National Institute of Health (NIH) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

The study was published in the Journal of the American College of Nutrition (JACN) in the September issue.

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