

**SUGGESTED INTAKE\*\***

This is a quick guide to help you determine how much calcium in milligrams you should be getting daily.

| Ages                                 | Milligrams |
|--------------------------------------|------------|
| Birth to 6 months                    | 210        |
| 7 months to 1 year                   | 270        |
| 1 to 3 years                         | 500        |
| 4 to 8 years                         | 800        |
| 9 to 18 years                        | 1,300*     |
| Women (19 to 50 years)               | 1,000*     |
| Men (19 to 50 years)                 | 1,000*     |
| Postmenopausal women on estrogen     | 1,200      |
| Postmenopausal women not on estrogen | 1,500      |
| Men and women 51 years and older     | 1,200      |
| Pregnant/Lactating women             | 1,200      |

\*National Academy of Science Food and Nutrition Board, 2000

\*\*National Institute of Health

Only about 500 milligrams of calcium can be absorbed at a time, therefore doses must be spread out!!

**IMPORTANT REMINDERS**

Certain medications and alcohol can reduce daily calcium levels. Talk to your healthcare provider about your calcium needs. Regular exercise is an integral part of maintaining bone health.

**SOURCES OF CALCIUM**

Here's a list of calcium-rich food for you to choose from.

|   | Mgs |
|---|-----|
| <b>Milk</b>                               |     |
| Milk (skim), 8 ounces                     | 302 |
| Milk (whole), 8 ounces                    | 291 |
| Low-fat chocolate milk, 8 ounces          | 287 |
| Buttermilk, 8 ounces                      | 285 |
| <b>Yogurt</b>                             |     |
| Nonfat yogurt, 8 ounces                   | 452 |
| Low-fat yogurt, 8 ounces                  | 415 |
| Frozen yogurt, ½ cup                      | 90  |
| <b>Cheese</b>                             |     |
| Goat cheese (hard), 1 ounce               | 254 |
| Part-skim mozzarella, 1 ounce             | 183 |
| American cheese, 1 ounce                  | 174 |
| Low-fat cottage cheese, 1 cup             | 155 |
| Feta cheese, 1 ounce                      | 140 |
| Grated Parmesan cheese, tablespoon        | 69  |
| <b>Fish</b>                               |     |
| Sardines with bones, 3 ounces             | 370 |
| Canned salmon with bones, 3 ounces        | 180 |
| <b>Vegetables</b>                         |     |
| Collards (frozen, chopped), 1 cup         | 357 |
| Turnip greens (cooked, frozen), 1 cup     | 200 |
| Kale (frozen, chopped), 1 cup             | 179 |
| Broccoli (cooked), 1 cup                  | 178 |
| Okra (cooked), 1 cup                      | 176 |
| Dandelion greens (chopped, cooked), 1 cup | 147 |
| Mustard greens (chopped, cooked), 1 cup   | 103 |

| Other                                 | Mgs |
|---------------------------------------|-----|
| Vegetable lasagna, 1 piece            | 450 |
| Calcium-fortified orange juice, 1 cup | 300 |
| Cheese pizza, 1 slice                 | 290 |
| Chocolate pudding, ½ cup              | 161 |
| Vanilla soft-serve ice cream, ½ cup   | 113 |
| Chocolate soft-serve ice cream, ½ cup | 106 |
| Vanilla ice cream, ½ cup              | 85  |
| Almonds, ½ cup                        | 162 |
| Soybeans (edamame), ½ cup             | 197 |
| Kidney beans, cooked, ½ cup           | 143 |
| Chickpeas, ½ cup                      | 105 |
| Egg, 1 whole/cooked                   | 55  |

+Source: USDA

**CALCIUM SUPPLEMENTS**

|          |                            |
|----------|----------------------------|
| Citracal | } <b>Vit. D containing</b> |
| Oscal    |                            |
| Caltrate |                            |
| Viactive |                            |
| Tums     |                            |

**Vitamin D Requirements:**

Women < 50: 400-800 IU daily  
 Women > 50: 800-1000 IU daily

Note: Vitamin D minimum daily requirement is a hot topic right now. It would be reasonable for most women to take 1000 IU daily in addition to food sources and supplements.