

## Calcium Information

### Bone Up on Calcium

Everyone needs calcium for healthy bones and teeth. Milk and milk products are the best source of calcium. If you are unable to tolerate dairy products, you may need a supplement. These guidelines are provided by the US Academy of Sciences:

Age in Years	Calcium (mg/day)	# of Milk Group Servings
1-3	500	3*
4-8	800	3
9-18	1300	4
19-50	1000	3
51+	1200	4

\*Serving sizes for children ages 1-3 are 2/3 of adults' size.

Note: The recommendations for pregnant and lactating women are the same as for other women their age.

### Food Sources of Calcium

		Approx. Calcium (milligrams)
<b>Milk Products</b>	Milk, whole (3.3%), 1 cup	291
	Milk, low-fat (1%), 1 cup	300
	Milk, skim, 1 cup	302
	Buttermilk, 1 cup	285
<b>Cheeses</b>	American, processed, 1 oz	174
	Cheddar, 1 oz.	204
	Cottage, low-fat (2%), 1 cup	155
	Mozzarella, part skim, 1 oz.	207
	String Cheeses	200
	Swiss, 1 oz.	272
<b>Yogurt</b>	Plain, low-fat, 8 oz.	415
	Plain non-fat, 8 oz.	452
	Fruit, low fat, 8 oz.	345
<b>Desserts</b>	Ice milk, vanilla, hardened, 1 cup	176
	Ice cream, vanilla, hardened, 1 cup	176
	Pudding, made with skim/low fat milk, ½ cup	100
	Sherbet (about 2% fat), 1 cup	103
<b>Fish and Shellfish</b>	Flounder, baked, 3 oz.	13
	Salmon, red, baked, 3 oz.	26
	Trout, rainbow, broiled, 3 oz.	73
	Salmon, pink, canned, with bone, 3 oz.	181
	Sardines, Atlantic, in oil, drained, 3 oz.	325
	Tuna, canned in oil, 3 oz.	7
	Lobster, steamed or broiled, 3 oz.	52
	Shrimp, steamed or broiled, 3 oz.	33
<b>Other good sources of calcium</b>	Almonds, 1 oz.	75
	Blackstrap Molasses, 1 Tbsp	172
	Broccoli, ½ cup	47
	Cappuccinos or Lattes, made with skim/low fat milk, 1 cup	225
	Collard greens, ½ cup	179
	Cream soups, made with skim/low fat milk, 1 cup	178
	Soy beverage, calcium, fortified, 1 cup	368
	Soybeans, green, cooked, ½ cup	130
	Spinach, cooked from frozen, ½ cup	146
	Tofu, firm, prepared with nigari, ½ c	253
	White beans, canned, ½ cup	96

- If you avoid milk due to lactose intolerance, choose lactose reduced or low-lactose alternatives such as cheese, yogurt, and lactose free milk (New Era ®, Lactaid®).
- Take enzyme lactose before consuming milk products.
- Try calcium fortified juices such as cereals, breads, soy beverages, and rice beverages.
- Instead of water, use milk in oatmeal, soups, and hot chocolate.

### **Do you get enough calcium?**

\_\_\_\_\_ My total calcium needs  
(mg per day)

\_\_\_\_\_ Estimated daily calcium intake from food  
(mg per day)

\_\_\_\_\_ Amount of additional calcium needed to meet daily needs  
(mg per day)

### **Calcium Supplements**

Using supplements instead of food to meet your calcium needs does not take the place of healthy eating. Try to meet your calcium needs from food.

If you must use supplements to meet your needs, take your supplements with meals. Your body absorbs calcium best when it is taken with meals. According to the experts, Vitamin D helps absorption. The National Academy of Sciences states there is no benefit from calcium intakes greater than 2,500 mg/day. Take no more than 500 mg of calcium at one time to decrease the risk of constipation and increase absorption.

### **Vitamin D – The Sunshine Vitamin**

Your body makes Vitamin D when sunlight hits your skin, but the amount your body makes depends on latitude, time of day, age, sunscreen use, and season. If you stay inside or do not drink Vitamin D fortified milk, you probably don't get enough Vitamin D. Adults, age 25 and older, need 200 IU of Vitamin D daily; those ages 1-24 and pregnant and lactating women need 400 IU daily. Too much Vitamin D can be toxic. An overdose of Vitamin D usually comes from supplements, not sunlight, or food. Talk with your healthcare provider before using any supplements.

<b>Age (Years)</b>	<b>Vitamin D (IU)</b>
Breastfed infants	400
0-50	200
51-70	400
70+	600

\*Recommendation for pregnancy and lactating women are the same as other people at their age