

## Calcium for Better Bones!

### SUGGESTED CALCIUM INTAKE

AGES	MILLIGRAMS
Birth to 6 months	210
7 months to 1 year	270
1-3 years	500
4-8 years	800
9-18 years	1,300
Women (19-50)	1000
Men (19-50)	1000
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

### CALCULATE YOUR CALCIUM INTAKE

	ANSWER	CALCULATE	TOTAL
How many 8 oz glasses of milk (whole, skim, soy, etc) per day?		X 300	
How many servings (1/2 cup cooked) deep-green vegetables per day?		X 150	
How many servings (1 oz) of cheese per day?		X 200	
How many servings (1 cup) of yogurt per day?		X 400	
How many servings (1 large scoop) ice cream per day?		X 85	
How many servings calcium-fortified foods (cereal, juices, etc) per day?		X 200	
How many servings of canned salmon or sardines (3 oz) per day?		X 150	
<b>YOUR AVERAGE DAILY CALCIUM INTAKE IS</b>			

### SOURCES OF CALCIUM

MILK PRODUCTS	MILLIGRAMS	VEGETABLES	MILLIGRAMS
Milk (skim) 8 ounces	302	Collards (frozen), 1 cup	357
Milk (whole) 8 ounces	291	Turnip Greens (cooked), 1 cup	200
Chocolate Milk, 8 ounces	287	Kale (frozen), 1 cup	179
Buttermilk, 8 ounces	285	Broccoli (cooked), 1 cup	178
Nonfat yogurt, 8 ounces	452	Okra (cooked), 1 cup	176
Low-fat yogurt, 8 ounces	415	Mustard greens (cooked) 1 cup	103
Frozen yogurt, 1/2 cup	90	MISCELLANEOUS	MILLIGRAMS
Goat Cheese (hard), 1 ounce	254	Calcium-fortified OJ	450
Part-Skim Mozzarella, 1 ounce	183	Cheese Pizza, 1 slice	300
American Cheese, 1 ounce	174	Chocolate Pudding, 1/2 cup	161
Low-fat Cottage Cheese, 1 cup	155	Almonds, 1/2 cup	162
Feta Cheese, 1 ounce	140	Soybeans, 1/2 cup	197
Grated Parmesan Cheese, tblsp	69	Egg, 1 whole/cooked	55