

Calcium

Goal:

To meet calcium needs

<p>Daily Calcium Amounts for Adults and Children</p>	<p><u>Children and Teens:</u></p> <ul style="list-style-type: none"> • Ages 1 to 3 – 500 mg • Ages 4 to 8 – 800 mg • Ages 9 to 18 – 1300 mg <p><u>Adult Men and Women:</u></p> <ul style="list-style-type: none"> • Ages 19 to 50 – 1000 mg • Over 50 – 1200 mg <p><u>Pregnant or Lactating:</u></p> <ul style="list-style-type: none"> • Less than 18 – 1300 mg • Ages 19 to 50 – 1000 mg <p>Do not exceed 2500 mg calcium per day from food and supplements.</p>
<p>Food Sources of Calcium (200 to 400 mg) All serving sizes 1 cup unless specified</p>	<p><u>Foods naturally rich in calcium:</u> Yogurt, milk, condensed and evaporated milk (1/2 cup), some cheese, firm tofu made with calcium, canned sardines, salmon with bones (3 oz), and roasted soybeans (1/2 cup).</p> <p><u>Calcium-fortified foods:</u> Soy milk, rice milk, Vitamite,[®] or orange juice. Calcium may also be added to other foods.</p> <p>Read the Nutrition Facts on the label and look for foods with at least 20% calcium.</p>
<p>Food Sources of Calcium (100 to 200 mg) All serving sizes 1 cup</p>	<p>Frozen yogurt, ice cream, cottage cheese, custard, flan, pudding, instant cocoa, miso, cooked turnip greens, cooked spinach, white beans, broth made with bones and tomato juice, vinegar or lemon, kelp, and wakame seaweed.</p>
<p>Calcium Supplements (For people who do not consume an adequate amount of calcium-rich foods)</p>	<ul style="list-style-type: none"> • For best absorption, take calcium with meals. If you are taking two 500-mg tablets each day, take one at breakfast and one at dinner. • It is not a good idea to take calcium and iron supplements at the same time as this interferes with absorption. • The forms of calcium that are best absorbed are calcium carbonate, calcium citrate, calcium lactate, and calcium phosphate. • It is best to avoid calcium sources that may contain lead such as bone meal, oyster shell, or dolomite.

Reference: 1997 Dietary Reference Intakes (DRIs) from the National Academy of Sciences