



Nutrition Keynotes



Calcium

Goal:

To meet calcium needs.

<p>Daily Calcium Amounts for Adults and Children</p>	<p>Children and Teens</p> <ul style="list-style-type: none"> • Ages 1 to 3: 500 mg • Ages 4 to 8: 800 mg • Ages 9 to 18: 1,300 mg 	<p>Adult Men and Women</p> <ul style="list-style-type: none"> • Ages 19 to 50: 1,000 mg • Over age 50: 1,200 mg 	<p>Pregnant or Lactating Women</p> <ul style="list-style-type: none"> • Under age 18: 1,300 mg • Ages 19 to 50: 1,000 mg
<p>Food Sources of Calcium (200 to 400 mg) All serving sizes are 1 cup unless specified</p>	<p>Foods naturally rich in calcium: Yogurt, milk, condensed and evaporated milk (½ cup), some cheeses (1½ ounces), firm tofu made with calcium, canned sardines (2½ ounces), canned salmon with bones (4 ounces).</p> <p>Calcium-fortified foods: Soy milk, rice milk, Vitamite, orange juice, apple 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 percent calcium.</p>		
<p>Food Sources of Calcium (100 to 200 mg) All serving sizes are 1 cup unless specified</p>	<p>Frozen yogurt, ice cream, cottage cheese, custard, flan, pudding, instant cocoa, corn tortillas (2), miso, cooked turnip greens, cooked spinach, cooked kale, cooked broccoli, white beans, baked beans, soybeans, kelp, wakame seaweed, broth made with bones and tomato juice, vinegar, or lemon.</p>		
<p>Supplements</p>	<ul style="list-style-type: none"> • For best absorption, take no more than 500 mg at a time. Take the last dose at bedtime. • Avoid taking calcium supplements with iron supplements. • The forms of calcium that are best absorbed are calcium carbonate and calcium citrate. Calcium carbonate must be taken with food. • Supplements with bone meal, dolomite, and oyster shell may contain more lead. Look for supplements that are labeled “lead free.” • Vitamin D helps to absorb and use calcium. It is recommended that you get 800 IU each day. 		

Reference: 1999 Dietary Reference Intakes (DRIs) from the National Academy of Sciences.