

Building and Keeping Strong Bones: Your Calcium Goal

How much calcium is right for me?

Everyone needs calcium—women, men, kids and teens—but our calcium needs change throughout life. Look at the table below and see what you need now.

Group	Elemental Calcium Needed per day in milligrams (mg)
Children 1-3 years	500 mg
Children/young adults 4-8 years	800 mg
Children/young adults 9-18 years	1300 mg
Adults 19-50 years	1000 mg
Women and Men 50+ years	1200 mg

My daily goal: _____

How can I reach my daily calcium goal?

By eating enough high calcium foods, calcium fortified food and beverages, taking calcium supplements or a combination of all three!

Dairy Products		
Item	Serving	Calcium (in milligrams)
Yogurt, lowfat plain	1 cup	415
Yogurt, lowfat with fruit	1 cup	372
Milk, nonfat, 1%, 2%, or whole	1 cup	300
Cheese, Swiss	1 oz	272
Cheese, mozzarella, part skim	1 oz	207
Frozen yogurt	½ cup	150

Vegetables & Legumes		
Item	Serving	Calcium (in milligrams)
Tofu w/ calcium	1/2 cup	120 to 350
Turnip greens, cooked	1/2 cup	134
Kale, cooked	1/2 cup	103
Navy beans, cooked	1/2 cup	62
Mustard greens, cooked	1/2 cup	52
Broccoli, cooked	1/2 cup	47

Other Foods		
Item	Serving	Calcium (in milligrams)
Oysters	1/2 cup	100
Canned pink salmon w/ bones	3 oz	150
Canned sardines	8 medium	350

Learn to read labels. The amount of calcium in foods is referred to in terms of % of the RDA (recommended daily allowance) and is based on a 1000 mg. per day requirement. So 1% of the RDA equals 10 mg of elemental calcium. For example, 30% of the RDA equals 300 mg of calcium. Just add a zero to the percent on the label!

Fortified Foods/Drinks: Some orange juice, soy and rice milk is supplemented with calcium and may contain as much calcium as a glass of milk.

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Developed by the University of Washington's Center of Excellence in Women's Health and the Medical Center Patient and Family Education Services. <http://www.uwomenshealth.org/>