



How much calcium do I need?

This depends on many factors, such as, age, gender, drugs, and bone mineral density. For most people, a daily intake between 1000 and 1500 mg of calcium is both safe and potent. Recommendations are:

Children (4-8 years)	800 mg	Adults (51 or older)	1200 mg
Teenagers (9-18 years)	1300 mg	Pregnant or nursing women	1200 mg
Adults (19-50)	1000 mg	Postmenopausal women	1200-1500 mg

What foods are rich in calcium? Dairy products are good sources of calcium. An 8-ounce glass of milk contains about 300 mg of calcium. Two slices of firm cheeses, such as American, Swiss, cheddar or mozzarella have about as much calcium as a glass of milk. Softer cheeses, like cottage cheese, most often contain 1/3 to 1/2 this amount of calcium per serving. Other calcium-rich foods are yogurt, salmon, ORGANIC tofu, almonds (100 mg in a 2-ounce serving), and beans. The average American daily diet contains about 200 mg of calcium in non-dairy foods.

Milk Products	Calcium (MG)	Vegetables / Fruit	Calcium (MG)
Plain yogurt, 2%, 1 cup	415	Rhubarb, 1 cup	348
Nonfat dry milk, 1/4 cup	377	Collard/mustard greens, 1/2 cup	179
Skim milk, 1 cup	302	Kale, 1 cup	179
Buttermilk, 1 cup	285	White beans, 1 cup	170
Mozzarella cheese, part-skim, 1 oz	207	Beet greens, 1 cup	165
Ricotta cheese, part-skim, 1/4 cup	168	Broccoli, 1/2 cup	89
Cottage cheese, 2%, 1 cup	155	Okra, 1/2 cup	88
Pudding (with skim milk), 1/2 cup	150	Rutabagas, 1 cup	72
Parmesan cheese, 1 tbsp	69	Green beans, 1 cup	58
		Lima beans, 1 cup	55
		Orange, 1 medium	52
Bean/Grain Products		Cabbage, 1 cup	50
Waffle/pancake (milk, egg added)	179		
Tofu, 3 oz	150		
English muffin	96	Seafood	
Soybeans, 1/2 cup cooked	88	Salmon, 3-4 oz	225
Corn muffin	66	Oyster, 3 1/2 oz	100
Pita bread, 1 pocket	49	Clams, 1/2 cup	74
Fortified whole wheat cereal	48	Shrimp, 3 1/2 oz	50
Corn tortilla, one 6 inch	42	Haddock, 3 1/2 oz	42
Whole wheat dinner roll	34		
Brown rice, 1 cup	33		