



CALCIUM FACTS SHEET

1. Approximately 30% of ingested calcium is absorbed, whether from dairy or supplements.
2. Approximately 600 mg of calcium can be absorbed by the intestinal tract at any one time, thus divided doses of supplements are recommended.
3. Calcium carbonate (40% calcium) is best absorbed if taken with food.
4. Calcium citrate (20%) is well absorbed with or without food, tends to cause less constipation and is recommended in women greater than 50 years of age.
5. Soy milk is fortified with calcium and contains only about 20-25% of the calcium contained in cow's milk.
6. Coral calcium is chemically identical to calcium carbonate and may contain lead levels above California's "non-significant levels".
7. Intake of adequate calcium from childhood onward is essential for proper bone growth/strength in adulthood.
8. Recommended calcium intake is 1,200-1,500 mg/day with Vitamin D 800-1,000 IU/day for an adult (10-15 minutes in mid-day sunlight without sunscreen may provide this amount of Vitamin D).

9. How much calcium is enough?

| | |
|---------------------------|--|
| Birth -6 months | 400 mg per day |
| 6-12 Months | 600 mg per day |
| 3-8 years old | 800 mg per day |
| 9-17 years old | 1,300 mg per day |
| Pregnant or nursing women | 1,200-1,500 mg per day |
| Adults 19-50 years old | 1,000 mg per day |
| Postmenopausal women | 1,500 mg per day |
| Postmenopausal women | 1,200 mg per day (Taking estrogen pills) |

FOOD SOURCES OF CALCIUM

| <u>Dairy Foods</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
|---------------------------|----------------|---------------------|
| Milk, with added calcium | 1 cup | 430 |
| Milk, whole, 2%, 1%, skim | 1 cup | 300 |
| Milk, evaporated | ½ cup | 367 |
| Cheese, hard | 50 gm | 360 (average)* |
| Processed cheese spread | 4 Tbsp | 348 |
| Cheese, processed slices | 50 gm | 276 |
| Cottage cheese, 1 or 2% | 2 cups | 310 |
| Parmesan, grated | 1 Tbsp | 68 |
| Cream- half & half | 1 Tbsp | 16 |
| Cream- sour | 1 Tbsp | 12 |
| Butter | ½ cup | 23 |
| Margarine | ½ cup | 23 |
| Yogurt, plain | ¾ cup | 290 (average)* |
| Yogurt, fruit bottom | ¾ cup | 233 (average)* |
| Frozen yogurt, soft serve | 1 cup | 218 |
| Ice cream | 1 cup | 194 |
| Pudding- chocolate | 1 cup | 250 |
| Pudding-vanilla | 1 cup | 298 |

*calcium content varies, check label

| <u>Beans and Bean Products</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
|----------------------------------|----------------|---------------------|
| Tofu, made with calcium sulphate | 150 gm | 347 |
| White beans | ¾ cup | 119 |
| Navy beans | ¾ cup | 93 |
| Black turtle beans | ¾ cup | 75 |
| Pinto beans, chickpeas | ¾ cup | 58 |

| <u>Nuts and Seeds</u> | <u>Portion</u> | <u>Calcium (mg)</u> |
|-----------------------------|----------------|---------------------|
| Tahini (sesame seed butter) | 2 Tbsp | 130 |
| Almonds, dry roasted | ½ cup | 160 |
| Sesame seeds kernels, dried | ½ cup | 100 |
| Walnuts | ½ cup | 50 |

| <u>Meats, Fish and Poultry</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
|------------------------------------|----------------|---------------------|
| Beef, lean only | 2 ½ oz | 10 |
| Chicken breast fried | 2 ½ oz | 9 |
| Eggs- whole | 1 egg | 27 |
| Oysters, raw | 1 cup | 226 |
| Sardines, Pacific, canned w/bones | 75 gm | 180 |
| Sardines, Atlantic, canned w/bones | 75 gm | 286 |
| Salmon, canned w/bones | 75 gm | 208 |

FOOD SOURCES OF CALCIUM

| <u>Grains</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
|---------------------------------|------------------|---------------------|
| Oats | 1 cup | 44 |
| Oatmeal | 1 cup | 22 |
| Bran Flakes w/raisins | 1 cup | 28 |
| Bread | 1 slice | 23 |
| Cake (from mix) | 1 piece | 55 |
| Pancakes-buttermilk | 1 cake | 58 |
| Waffles- enriched w/flour | 1 waffle | 85 |
| Pie –custard | 4 inch section | 125 |
| Pie –pumpkin | 4 inch section | 66 |
| Pizza –cheese | 5 ½ inch section | 107 |
| Rice -cooked | 1 cup | 21 |
| <u>Non-Dairy Drinks</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
| Fortified rice or soy beverages | 1 cup | 319 |
| Orange juice w/calcium & Vit D | ½ cup | 165 |
| Regular soy beverage | 1 cup | 110 |
| <u>Vegetables</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
| Asparagus | 1 cup | 37 |
| Beans –lima | 1 cup | 80 |
| Beans –red kidney | 1 cup | 74 |
| Broccoli, cooked | 1 stalk | 158 |
| Brussels sprouts | 1 cup | 50 |
| Cabbage –raw | 1 cup | 39 |
| Cabbage –cooked | 1 cup | 64 |
| Carrots | 1 cup | 45 |
| Cauliflower –cooked | 1 cup | 25 |
| Collards –cooked | 1 cup | 289 |
| Mustard greens –cooked | 1 cup | 193 |
| Onions –raw | 1 cup | 30 |
| Onions –cooked | 1 cup | 50 |
| Peas –green | 1 cup | 44 |
| Sauerkraut –canned | 1 cup | 85 |
| Spinach | 1 cup | 200 |
| Squash –cooked | 1 cup | 55 |
| Sweet potatoes | 1 med | 52 |
| Tomatoes | 1 med | 24 |
| Tomato catsup | 1 cup | 60 |
| Turnip greens –cooked | 1 cup | 252 |

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| <u>Fruit</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
|----------------------|----------------|---------------------|
| Orange | 1 med | 52 |
| Apricots | 1 cup | 100 |
| Avocados | 1 med | 26 |
| Blackberries, raw | 1 cup | 46 |
| Blueberries, raw | 1 cup | 21 |
| Cantaloupe | ½ melon | 27 |
| Dates, pitted | 1 cup | 105 |
| Grapefruit, pink | ½ med | 20 |
| Peaches, dried | 1 cup | 77 |
| Pineapple | 1 cup | 27 |
| Prunes, cooked | 1 cup | 60 |
| <u>Other</u> | <u>Serving</u> | <u>Calcium (mg)</u> |
| Brown sugar | 1 cup | 198 |
| Black strap molasses | 1 Tbsp | 179 |
| Regular molasses | 1 Tbsp | 44 |

FOOD SOURCES OF VITAMIN D

| <u>Food</u> | <u>Serving</u> | <u>Vitamin D (IU)</u> |
|--|----------------|-----------------------|
| Milk | 1 cup | 100 |
| Fortified rice or soy beverage | 1 cup | 80 |
| Fortified orange juice | ½ cup | 45 |
| Fortified margarine | 2 tsp | 51 |
| Egg yolk | 1 | 25 |
| Herring or trout, cooked | 75g | 80 |
| Salmon, Atlantic, cooked | 75g | 225 |
| *Salmon, canned or cooked | 75g | 608 |
| Sardines, Atlantic, canned | 75g | 70 |
| Sardines, Pacific, canned | 75g | 360 |
| Tuna, canned, light or white | 75 g | 41 |
| Tuna, canned, yellow fin (albacore, ahi) | 75g | 105 |
| Tuna, skipjack, cooked | 75g | 381 |
| Tuna, bluefin, cooked | 75g | 690 |

*includes Chinook, Coho, Humpback (pink), Sockeye