

CALCIUM FACT:

Adults need about 1000 milligrams of calcium a day

How much calcium is right for you?

Children, 1-3 years.....	500 milligrams
Children, 4-8 years.....	800 milligrams
Pre-teens & teens.....	1300 milligrams
Adults, 19-50 years.....	1000 milligrams
Adults, 50+.....	1200 milligrams
Pregnant & nursing, up to age 18.....	1300 milligrams
Pregnant & nursing, 19-50 years.....	1000 milligrams

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Here are some high calcium foods to help you meet your calcium needs:

	Portion	Calcium (milligrams)
Milk, Yogurt & Cheese		
Yogurt, lowfat plain	1 cup	415
Yogurt, lowfat w/fruit	1 cup	372
Milk, nonfat, 1%, 2%, or whole	1 cup	300
Milk, chocolate, 1%	1 cup	288
Cheese, Swiss	1 oz	272
Cheese, Monterey	1 oz	212
Cheese, mozzarella, part skim	1 oz	207
Cheese, cheddar	1 oz	204
Ricotta cheese	1/4 cup	167
American cheese	1 oz	174
Frozen yogurt	1/2 cup	150
Grains		
English muffin	one	100
Waffle, frozen toasted	one	81
Corn tortilla w/calcium	one	60
Vegetables & Legumes		
Tofu w/calcium	1/2 cup	145
Turnip greens, cooked	1/2 cup	134
Kale, cooked	1/2 cup	103
Chinese greens, cooked	1/2 cup	89
Navy beans, cooked	1/2 cup	62
Mustard greens, cooked	1/2 cup	52
Broccoli, cooked	1/2 cup	47
Mixed dishes		
Instant Breakfast w/milk	1 cup	407
Macaroni & cheese	1 cup	250-350
Sandwich (ham & Swiss)	one	300
Cheese pizza, 15"	1 slice	185
Cream soup w/milk	1 cup	168
Pudding, instant w/milk	1/2 cup	153

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