



ARE YOU GETTING ENOUGH CALCIUM?*

I. Calculate your daily dietary Calcium intake

	<u>No. of servings</u>		<u>Calcium mg per serving</u>		<u>Total Calcium per food</u>
Milk, cow's milk (8 oz)	_____	X	300	=	_____ mg
Yogurt (6 oz)	_____	X	250	=	_____ mg
Greek Yogurt (5.3oz.)	_____	X	150	=	_____ mg
Cheese (1 oz)	_____	X	200	=	_____ mg
Ice cream (1/2 cup)	_____	X	100-150	=	_____ mg
Calcium-fortified orange juice (8 oz)	_____	X	300	=	_____ mg
Unsweetened Almond Milk (Silk brand, 8 oz.)	_____	X	450	=	_____ mg
Original Soy milk (Silk brand, 8 oz.)	_____	X	450	=	_____ mg
Unsweetened Cashew milk (Silk brand, 8 oz.)	_____	X	450	=	_____ mg
Unsweetened Coconut milk (Silk brand, 8 oz.)	_____	X	450	=	_____ mg
Total Calcium intake from back side	_____			=	_____ mg

II. Total calcium (mg) from daily supplements

(B) TOTAL CALCIUM FROM MULTIVITAMIN: = _____ mg
 (C) TOTAL CALCIUM FROM CALCIUM SUPPLEMENT: = _____ mg

III. Total

MY TOTAL DAILY CALIUM INTAKE IS: _____mg

Recommended Dietary Allowance for women 19-50 years old, 1,000 mg/day, pregnant/lactating. Upper Level Intake 2,500 mg/day.

Recommended Dietary Allowance for women 51-70 years old 1,200 mg/day. Upper Level Intake 2,000 mg/day.

*This worksheet has been designed as a quick way to approximate your Calcium intake. For simplification, only major sources of Calcium have been included.

OTHER CALCIUM SOURCES

Dried Beans - Legumes

Vegetarian baked beans (1 cup)	154 mg
Garbanzo/Chickpeas (1 cup, canned)	80 mg
Great northern beans (1 cup, boiled)	121 mg
Navy beans (1 cup, boiled)	128 mg
White beans (1 cup, boiled)	160 mg
Black turtle beans (1 cup, boiled)	103 mg

Fruits & Vegetables

Broccoli (1 cup, raw)	94 mg
Green beans (1 cup, raw)	58 mg
Spinach (1 cup, raw)	244 mg
Butternut squash (1 cup, raw)	84 mg
Sweet potato (1 cup, raw)	70 mg
Collards (1 cup, raw)	358 mg
Mustard greens (1 cup, raw)	150 mg
Swiss chard (1 cup, raw)	102 mg
Figs, dried (10 medium)	269 mg
Naval orange (1 medium)	56 mg
Green peas (1 cup, raw)	40 mg
Bok choy (1 cup)	40 mg
Kale (2 cups, chopped, raw)	110 mg

Cereal & Bread Products (Check Labels)

Cereal bars – Calcium fortified (Kellogg's Nutri-Grain Bar & Quaker Fruit & Oatmeal - 1 bar)	200 mg
Oatmeal, instant (1 packet)	80 mg
Cheerios, Fiber One-Honey Clusters, Life Oatmeal Squares (1 cup, dry)	100 mg
Life Cereal (3/4 cup, dry)	100 mg
All Bran, Fiber One (1/2 cup, dry)	100 mg

Nuts

Almonds (23 whole nuts (1oz.), raw or roasted)	80 mg
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Soy Products

Soybeans (1/2 cup, raw mature seeds)	258 mg
Tofu (1/2 cup packed in Calcium liquid)	258 mg

Supplements

Calcium chews (such as Viactiv, etc.)	500 mg
Citracal	500 mg
Tums – Calcium content varies	200-500 mg
Adora	500 mg

Vitamin D

Vitamin D is required for proper absorption of Calcium. The body will make its own Vitamin D if exposed without sunscreen, to sunlight for at least 15 minutes per day. If you have little sun exposure or if you do not eat or drink dairy products, you should take a Vitamin D supplement. The Recommended Dietary Allowance for women 19- 70 years old is 600 IU with the upper level intake at 4,000 IU.

Most sources referenced from the USDA

