

How to Get the Calcium You Need

Calcium helps keep bones and teeth strong.

How much calcium do you need each day?

Optimal Calcium Intake

1-10 years old	1,200 mg.
11-24 years old	1,500 mg.
25+ years	1,000 mg.
pregnant or nursing women	1,200 mg.
post menopausal women not on estrogen and all adults over 65	1,500 mg.

mg. = milligrams

How many servings from the Milk, Yogurt, & Cheese Group do you need?

The best sources of calcium are foods in the Milk, Yogurt, & Cheese Group. Children and adults should have 2 or more servings a day from the Milk, Yogurt, & Cheese Group. Teens and young adults (11-24 years old) should have 3 or more servings a day. Women who are pregnant or nursing and older adults should have 4 servings a day.

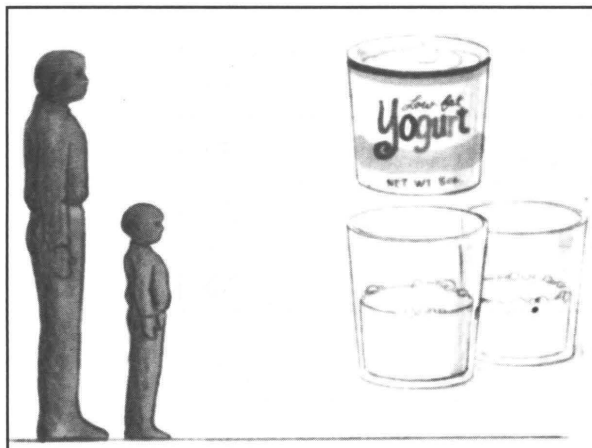
What is a serving?

*1 cup milk

*1 cup yogurt

1 1/2 ounces natural cheese

* *Low-fat products recommended for adults*



Eating Right is Basic (Third Edition), 1995. Michigan State University Extension

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The Milk, Yogurt, & Cheese Group

How to Get the Calcium You Need (cont.)

How much calcium do different foods have?

Food	milligrams of calcium
Nonfat dry milk powder, (1/3 cup)	503
Yogurt, low fat (1 cup)	415
Milk, skim (1 cup)	302
Milk, 2% low fat (1 cup)	297
Milk, whole (1 cup)	290
Milk, 2% low fat chocolate (1 cup)	284
Swiss cheese, 1 ounce	272
American cheese (1 ounce)	174
Cottage cheese, 2% low fat (1/2 cup)	77
Tofu, with calcium sulfate (1/2 cup)	434
Sardines, canned with bones (3 ounces)	324
Salmon, canned with bones (3 ounces)	212
Perch, baked (3 ounces)	117
Collards, fresh, cooked (1/2 cup)	74
Turnip greens, fresh, cooked (1/2 cup)	99
Broccoli, fresh, cooked (1/2 cup)	36
Okra, frozen, cooked (1/2 cup)	88
Dry beans, pinto (1 cup, cooked)	82