

Highlands Family Medicine

A Home for your Health in the Highlands

1250 Bardstown Road, Louisville, Kentucky 40204 502/456-7047

CALCIUM REQUIREMENTS FOR HEALTHY BONES

<i>AGE</i>	<i>OPTIMAL DAILY INTAKE (in mg)</i>
Children 1 to 10	800
Teenagers	1,200- 1,500
Ages 25-50	
Before menopause	1,000
Surgical or premature natural menopause	1,500
Over 50	
Not taking estrogen	1,500
Taking estrogen	1,000
Pregnant or nursing	additional 400

FOODS CONTAINING CALCIUM

<i>FOOD</i>	<i>AMOUNT</i>	<i>CALCIUM (mg)</i>
Milk and Dairy Products		
American Cheese	1 oz	195
Cheddar Cheese	1 oz	211
Swiss Cheese	1 oz	219
Ice Cream-hard	1 cup	176
Low Fat Milk	1 cup	298
Skim Milk	1 cup	303
Low Fat Plain Yogurt	1 cup	415
Nuts		
Almonds	1 oz	66
Sesame Seed, dried, hulled	3.5 oz	100
Seafood		
Scallops, steamed	3.5 oz	115
Shrimp, raw	3.5 oz	63
Green Leafy Vegetables		
Broccoli, cooked	2/3 cup	88
Kale, cooked with stem	3/4 cup	187
Spinach, cooked	1/2 cup	83
Turnip greens, cooked	2/3 cup	154
Other Foods		
Chili con carne with beans	5 oz	61
Cream of celery soup made with milk	1 serving	135
Figs, dried	5 medium	126
Slice, from 12 inch cheese pizza	1 piece	144
Pudding, chocolate	1/2 cup	147
Raisins, dried seedless	5/8 cup	62

Source: *The National Institute of Health's Development Conference on Optimal Calcium Intake.*