

Why Calcium?

Calcium performs some roles of which you might not be aware. Calcium is not only essential for healthy bones, but also proper muscle contraction, blood vessel constriction and relaxation, the secretion of hormones and enzymes, and transmitting nervous system messages.

How do I get what I need?

It is important to get most of your calcium from food rather than supplements. Research indicates that taking more than 500-800 mg of supplemental calcium is difficult for the body to assimilate, and supplemental calcium is best absorbed with a meal or snack.

Calcium requires an acidic environment and fat, such as Omega-3, for absorption. *Vitamin D* helps carry calcium into the blood stream. Probiotics, healthy bacteria that live in the intestine, also improve calcium absorption.

Daily Recommendations

Calcium:	
Adolescents	1300 mg
Women/Men (19-50)	1000 mg
Women/Men (51+)	1200 mg
Vitamin D:	
Infants	400 IU
Adolescents	600 IU
Women/Men (19-50)	600 IU
Women/ Men (51+)	800 to 1000 IU

Vitamin D Rich Foods

Food	Amount	Approx. IUs
Milk	1 cup	100
Salmon	3 oz.	172
Shrimp	3 oz.	129
Egg	1 large	25
Yogurt	8 oz.	100
Cheddar cheese	1 oz.	3
Swiss Cheese	1 oz.	12
Parmesan, hard	1 oz.	8
Total cereal	¾ cup	40
Kashi U	½ cup	40
Soy nuts	1 oz.	100
Ice cream	½ cup	23
Halibut	3 oz.	510
Oysters	6	269
Soy milk	1 cup	120
Mushrooms	1 cup	634
Tip: Expose to sun for 1 hour to increase level of Vitamin D		

Sample Menu – 1550 mg of calcium

Breakfast—506 mg
 Oatmeal, 1 cup
 Raspberries 1 cup
 Soy or almond milk, ¾ cup

Lunch—367 mg
 Spinach salad, 3 cups
 Slivered almonds, 2 Tbsp.
 Beans or edamame, ½ cup

Snack—347 mg
 String cheese
 Mary's Gone Crackers, 7
 Orange, 1 medium

Dinner—330mg
 Trout, 3 oz
 Baby Greens with feta cheese (1 oz) and 2 figs
 Quinoa, ½ cup

NOTE: menu is not a calorie recommendation.

Calcium Rich Foods

Food	Amount	Estimated MG
Milk	1 cup	300
Buttermilk	1 cup	285
Ricotta cheese	½ cup	337
Swiss cheese	1 ounce	272
Cheddar cheese	1 ounce	204
Mozzarella	1 ounce	183
Cottage cheese	½ cup	77
Parmesan cheese	1 TB	69
Yogurt	1 cup	415
Frozen yogurt	1 cup	200
Ice cream	1 cup	176
Soy/Almond/Coconut/Rice milk, calcium-fortified, plain	8 ounces	300-350
Collard Greens, cooked	1 cup	357
Blackstrap molasses	2 Tbsp	342
Tofu, processed with calcium sulfate	4 ounces	400
Tofu, processed with nigari	3-4 ounces	159
Calcium-fortified orange juice	8 ounces	300
Commercial soy yogurt, plain	6 ounces	250
Turnip greens, cooked	1 cup	249
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	260
Sesame seeds	2 Tbsp	160
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Figs, dried or fresh	5 medium	135
Tahini	2 Tbsp	128
Almonds	¼ cup	97
Broccoli, cooked	1 cup	94
Black-eyed peas	1/2 cup	105
Amaranth	1 cup	298
Quinoa	1 cup	102
Total cereal (fortified)	1 cup	344
Pistachios	1 cup	141
Swiss Chard	1 cup	102
Great Northern beans & navy beans	1 cup	120
Okra	1 cup	177
Spinach, cooked	½ cup	139