Calcium

Calcium, the most plentiful mineral in the human body, has several important functions. More than 99% of total body calcium is in the bones and teeth where it works to keep them strong. Calcium is also needed for muscle contraction, blood vessel expansion and contraction, secretion of hormones and enzymes, and sending messages through our nervous system.

<table>
<thead>
<tr>
<th>Age</th>
<th>Daily milligram (mg) goal:</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-6 months</td>
<td>200 mg</td>
</tr>
<tr>
<td>7-12 months</td>
<td>260 mg</td>
</tr>
<tr>
<td>1-3 years</td>
<td>700 mg</td>
</tr>
<tr>
<td>4-8 years</td>
<td>1000 mg</td>
</tr>
<tr>
<td>9-13 years</td>
<td>1300 mg</td>
</tr>
<tr>
<td>14-18 years</td>
<td>1300 mg</td>
</tr>
<tr>
<td>19-50 years</td>
<td>1000 mg</td>
</tr>
</tbody>
</table>

Selected food sources of calcium:

- Yogurt, plain (8 ounces) – 415 mg
- Canned Sardines (3 ounces) – 351 mg
- Skim milk (8 ounces) – 302 mg
- Whole milk (8 ounces) – 291 mg
- Lactaid milk (8 ounces) – 285-302 mg
- Tofu, firm (½ cup) – 204 mg
- Canned Salmon (3 ounces) – 199 mg
- Cottage cheese (1 cup) – 138 mg
- Spinach, cooked (½ cup) – 120 mg
- Fortified cereal (1 cup) – 100-1000 mg
- Kale, cooked (1 cup) – 94 mg
- Fortified Soy milk (8 ounces) – 265 mg
- Corn tortilla (medium) – 42 mg
- Sour cream (2 tablespoons) – 32 mg
- Broccoli, raw (½ cup) – 21 mg

Yogurt, fruit (8 ounces) – 245-384 mg
Cheddar cheese (1.5 ounces) – 306 mg
2% milk (8 ounces) – 297 mg
Buttermilk (8 ounces) – 285 mg
Mozzarella (1.5 ounces) – 275 mg
Orange juice, fortified (8 ounces) – 230 mg
Pudding w/ 2% milk (½ cup) – 153 mg
Tofu, soft (½ cup) – 138 mg
Frozen yogurt (½ cup) – 103 mg
Turnip greens, boiled (½ cup) – 99 mg
Ice cream (½ cup) – 90 mg
Chinese cabbage, raw (1 cup) – 74 mg
Flour tortilla (6”) – 37 mg
White bread (1 slice) – 31 mg
Whole wheat bread (1 slice) – 20 mg

Tips on how to meet your daily calcium needs with food:

- Use milk instead of water in recipes such as pancakes, mashed potatoes, pudding and instant hot breakfast cereals.
- Blend yogurt into a fruit smoothie for a great breakfast.
- Sprinkle cheese on salad, soup or pasta.
- Choose milk instead of soda.
- Serve raw fruits and vegetables with a yogurt based dip.
- Enjoy a parfait with yogurt, fruit and granola.
- Complement your diet with calcium fortified foods such as cereals, juice and soy beverages.