

Meeting Your Calcium Needs

Aim for 1200-1500 mg of calcium every day from food *and* supplements!

CALCIUM FROM SUPPLEMENTS	CALCIUM FROM FOODS
<div data-bbox="201 440 743 951" data-label="Image"> </div> <p data-bbox="176 1008 789 1049">Check out the vitamin shopping guide</p> <p data-bbox="107 1105 289 1138">Remember:</p> <ol data-bbox="107 1195 835 1365" style="list-style-type: none"> 1. Separate calcium from iron or multivitamin with iron by 2 hours 2. Take no more than 630mg of calcium at a time 3. Separate each calcium dose by 4 hours 	<p data-bbox="993 399 1388 431">1 cup milk or milk alternative:</p> <p data-bbox="1115 461 1268 493">300-400 mg</p> <div data-bbox="1478 399 1934 618" data-label="Image"> </div> <p data-bbox="898 529 1482 610">4 oz low fat cottage cheese or ricotta cheese or 6 oz yogurt*:</p> <p data-bbox="1115 639 1268 672">100-300 mg</p> <div data-bbox="1507 578 1955 756" data-label="Image"> </div> <p data-bbox="898 699 1482 773">1/2 cup cooked spinach, collard greens, kale, okra:</p> <p data-bbox="1115 802 1268 834">90-135 mg</p> <div data-bbox="1472 773 1850 984" data-label="Image"> </div> <p data-bbox="982 878 1398 911">3 oz canned salmon or sardines:</p> <p data-bbox="1115 940 1268 972">180 –300 mg</p> <div data-bbox="1692 854 1850 984" data-label="Image"> </div> <p data-bbox="961 1008 1419 1040">¼ cup Tofu, fortified with calcium*</p> <p data-bbox="1142 1070 1241 1102">215 mg</p> <div data-bbox="1440 967 1598 1130" data-label="Image"> </div> <p data-bbox="1100 1135 1283 1167">1 oz almonds:</p> <p data-bbox="1150 1196 1234 1229">75 mg</p> <div data-bbox="1650 1089 1881 1203" data-label="Image"> </div> <p data-bbox="999 1260 1381 1292">Protein shakes and powder*:</p> <p data-bbox="1003 1321 1377 1354">100-600 mg (check the label)</p> <div data-bbox="1486 1170 1787 1373" data-label="Image"> </div>

Using Food Labels to Check Calcium

Nutrition Facts	
1 servings per container	
Serving size	5.3 oz (150g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 5g Added Sugars	10%
Protein 7g	14%
Calcium 275mg	20%
Potassium 340mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calcium is now a requirement on food labels. This yogurt contains 275 mg of calcium per serving which means you will need an additional 1000- 1200 mg to reach your daily goal.

Sample Day		
Time	Food	Calcium (1200-1500 mg daily goal)
Breakfast	Protein Smoothie	
	1 scoop protein powder	140 mg
	6 oz unsweetened almond milk	330 mg
	½ cup frozen berries	
	½ frozen banana	
	1 tsp cocoa powder	
Lunch	3 oz canned salmon	240 mg
	1 cup mixed greens	
	1 Tsp olive oil	
Snack	1 string cheese	150 mg
Total calcium from food:		= 860 mg

Take additional 400-600 mg calcium from supplements to reach 1200-1500 mg this day!