

Show Me The Calcium

Calcium in mg (approximate)

Milk, Yogurt & Cheese Group	
Yogurt, plain or flavored	1 cup= 315-400
Milk (whole, 2%, 1%, skim, flavored, lactose reduced)	8 oz=300
Cheese (Cheddar, Muenster, Mozzarella, Swiss)	1 ½ oz=275 - 410
American Cheese, processed	1 ½ oz (2 slices)= 260
Ice Cream and Frozen Yogurt	½ cup=90 -120
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group	
Tofu with calcium sulfate	½ cup=260
Salmon or Sardines, canned with bones	3 oz=210-325
Soy Milk, calcium fortified	8 oz=200-300
Rice Milk, calcium fortified	8 oz=150-300
Almonds	1/3 cup=125
Fruit Group	
Orange Juice calcium fortified	8 oz=300
Figs, Dried	10 figs=270
Vegetable Group	
Collard, boiled	½ cup=130
Broccoli, frozen	1 cup=100
Bread, Cereal, Rice, & Pasta Group	
English Muffin	1 muffin=175
Instant Oatmeal	¾ cup=165
Fat, Oils, & Sweets Group	
Molasses, blackstrap	1 tablespoon=170
Prepared Foods	
*Milkshake	10 oz=320-350
Macaroni and Cheese	½ cup=180
*Pudding, made with milk	½ cup=150
Cheese Pizza	1 slice =140

*Calcium contents of prepared foods may vary.
Sources: Pennington, Jean AT (1998) Bowe's & Church's Food Values of Portions Commonly Used, 17th Edition, JB Lippincott Williams and Wilkins Company, Philadelphia, PA, and Commercially provided nutritional information

Children and teens who do not consume adequate dietary calcium should talk to their doctors and may consider the use of calcium supplements.

How to calculate calcium content?

Nutrition labels list the amount of calcium in a serving as percentage (%) Daily Value.

For Calcium Only, multiply the percent listed by 10 to get the number of (milligrams) of calcium in one serving.

Example:

30% = 300 mg of calcium

30 x 10=300

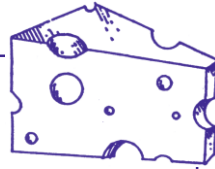
Sample Nutritional Label	
Nutrition Facts	
Serving Size 1 cup (236 ml)	
Serving per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11 mg	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0% Vitamin D 25%
*Percent Daily Values are based on a 2,000 calorie diet.	

Bone Up On Calcium



New York Chapter 2
American Academy
of Pediatrics
Committee on Nutrition

What is calcium?



- Calcium is the most abundant mineral in the human body.
- 99% of all calcium is found in bones.

Why is calcium important?

- Builds strong bones to play sports
- Helps prevent broken bones
- Helps prevent osteoporosis
- Promotes strong, healthy teeth
- Helps with muscle function — important for strength, daily activity and exercise
- Helps keep your heart beating
- Helps your blood clot
- Helps your brain and nerves work

How often do you need calcium?

- EVERYDAY!

Who needs calcium? EVERYONE

- Without a steady supply of calcium in your diet, your body will steal it from your bones.
- Children and teenagers need calcium because of rapid growth.
- Children who do not drink milk or eat milk products need calcium from other sources.
- Children who are taking long-term medications such as prednisone, certain diuretics or seizure medications should talk to their doctor about calcium intake.

Where is calcium found?



- Dairy products are an excellent source of calcium.
- Low fat milk has essentially the same amount of calcium as whole milk.
- Many non-dairy products are calcium fortified.
- Several other foods are calcium-rich (see chart or list on other side).

More to know—



- Vitamin D is necessary to use the calcium we eat.
- Our bodies can make Vitamin D when exposed to the sun.
- Exercise helps build strong muscles and strong bones.
- Adding chocolate or other flavoring to milk does not decrease the amount of calcium in milk.
- Orange and other juices are not a good source of calcium - unless the label says calcium-fortified.

How much calcium do you need? Dietary Calcium Intake Recommendations in the United States

Age	Intake
1-3 years	700 mg/day
4-8 years	1000 mg/day
9-18 years	1300 mg/day

Source: *Dietary Reference Intake for Calcium and Vitamin D* (2011).