

How to Get the Calcium You Need

Calcium helps keep bones and teeth strong. It also helps your muscles contract and relax, regulates your heart beat, aids in blood clotting and helps your nerves transmit impulses. Your body uses calcium in combination with vitamin D, phosphorous and magnesium. The best sources of calcium are foods from the milk, yogurt and cheese group.

How Much Calcium do You Need Each Day?

Recommended Dietary Allowance for Calcium (in milligrams):

1-3 years	500 mg
4-8 years	800 mg
9-18 years	1300 mg
19-49 years	1000 mg
50+ years	1200 mg
Pregnant or nursing teens	1300mg
Pregnant or nursing adults	1300 mg

Dairy Group Nutrients

Calcium:

- Forms bones and teeth
- Helps keep them strong



Vitamin D:

- Helps the body use calcium

Protein:

- Forms and restores skin, muscles, blood and bones.



Vitamin B:

How Much Calcium Do Different Foods Have?

<u>Food</u>	<u>mg</u> (Milligrams)	<u>Food</u>	<u>Mg</u> (Milligrams)
Milk, skim (1cup)	302 mg	Yogurt (1 cup)	415 mg
Milk, 2% (1 cup)	297 mg	Cottage cheese (½ cup)	77 mg
Milk, whole (1 cup)	290 mg	Ice cream (½ cup)	88 mg
Low-fat chocolate milk (1 cup)	284 mg	Pudding (½cup)	133 mg
American cheese (1 oz.)	174 mg	Spinach, cooked (½ cup)	122 mg
Cheddar cheese (1 oz.)	204 mg	Broccoli, cooked (½ cup)	36 mg
Swiss cheese	272 mg	Pinto beans, cooked (1 cup)	82 mg
Salmon, canned w/bones (3 oz.)	212 mg	Tofu, w/ calcium sulfate (½ cup)	434 mg

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