

# MORE Than Milk

## CALCIUM – Are You Getting Enough?\*

Age Group	Suggested Daily Calcium Intake	Adults	
<b>Infants</b> (birth to 6 months) (6 months to 1 year)	400 milligrams	<b>Women</b> (25 to 50 years)	1,000 milligrams
	600 milligrams	<b>Men</b> (25 to 65 years)	1,000 milligrams
<b>Children</b> (1 to 5 years) (6 to 10 years)	800 milligrams	<b>Postmenopausal women</b> on estrogen	1,000 milligrams
	800 to 1,200 milligrams	<b>Postmenopausal women</b> not on estrogen	1,500 milligrams
<b>Teens and young adults</b> (11 to 24 years)	1,200 to 1,500 milligrams	<b>Men and Women</b> (65 years and older)	1,500 milligrams
		<b>Pregnant/Lactating women</b>	1,200 to 1,500 milligrams

\*National Institutes of Health Consensus Development Conference. Optimal Calcium Intake. June 6-8, 1994; Washington, DC.

<i>Food</i>	<i>Amount</i>	<i>Calcium (in Mg.)</i>	<i>Calories</i>	<i>Fat (grams)</i>
<b>Milk Group</b>				
Skim milk	1 cup	302	85	0.4
Low-fat milk 2%	1 cup	300	120	4.7
Whole milk	1 cup	291	150	8.1
Milk, nonfat (dry)	¼ cup	377		
Low-fat plain yogurt	1 cup	415	145	3.4
Low-fat plain yogurt/fruit	1 cup	345	230	2.5
Low-fat cottage cheese	1 cup	150	205	4.5
Ice cream vanilla – hard	1 cup	176	270	14.1
Ice milk vanilla	1 cup	176	185	7.2
<b>Fruits and Vegetables Group</b>				
Broccoli/raw/cooked	1 cup	172	45	0.3
Broccoli/frozen/cooked	1 cup	94	50	0.3
Collards/frozen/cooked	1 cup	357	60	0.2
Kale/frozen/cooked	1 cup	179	40	1
Turnip greens	1 cup	249	50	0.3
Chard/cooked	1 cup	128		
Spinach/frozen/cooked	1 cup	164		
Green beans	1 cup	62	50	0.2
Orange/raw	1 cup	56	60	0.1
Orange juice/calcium fortified	1 cup	300		
Carrot/raw	1 med.	27		
Raisins	¼ cup	22		
<b>Protein Group</b>				
Almonds/roasted	1 oz.	66		16.2
Dried beans/cooked	½ cup	35 – 48		
...Hijiki Seaweed	3.5oz.	1400		.8
...Kombu Seaweed	3.5oz.	800		1.1
Oysters	1 cup	226	160	3
...Pumpkin Seeds	1 cup	1114		65
	2T	139		8.1
Sardines/canned	3 oz.	327		
Salmon/canned	5 oz.	300	235	5
...Sesame Seeds	1 cup	888		80
	2T	111		10
Shrimp/raw	3 ½ oz.	63	110	0.8
Soybeans/cooked	½ cup	66		
...Sunflower Seeds	1 cup	1214		68
	2T	152		8.5
Sunflower seeds	3 ½ oz.	120		47.3
Tofu	4 oz.	150	86	
Tortilla/corn	1 med.	60		

## **Tips to Increase the Calcium Content of Your Diet**

- ✓ Add cheese chunks or shredded cheese to salads, vegetables, soups, sandwiches and meat.
- ✓ Use milk (preferably nonfat milk) in cooking whenever possible.
- ✓ Add powdered nonfat dry milk to hot beverages and soups and to recipes for cakes, breads, and cookies to enhance calcium content without adding too many calories.
- ✓ Add milk or nonfat dry milk to soups.
- ✓ Prepare soup stock with the bones of meat and add several teaspoons of vinegar to draw the calcium out of the bones.
- ✓ Try tofu (soybean curd) with vegetables, fish or meat.

### **Recommended Calcium Supplements:**

#### **Chewables**

**Viativ  
Tums  
Maalox**

#### **Pills**

**Citrical Plus**

#### **Liquid**

**Citrical Liquid**