

# Counting Calcium

Calcium is important for your body. It helps build strong bones and teeth. Calcium plays a part in many important body functions. But people aren't getting enough. As many as 75 percent of people in the U.S. are not getting the recommended amounts of calcium.

## Calcium Intake Guidelines:

Age (years)	Amount/day (mg)
1 to 3	500
4 to 8	800
9 to 18	1,300

Keep track of what you eat for a few days to see if you are getting enough calcium. Low-fat milk has as much or more calcium than whole milk.

If a medical condition or restricted diet may be keeping you from getting the calcium you need, talk to your pediatrician.

The following tables show the amount of calcium in a variety of foods from several food groups. Calcium amounts may vary. Check nutrition labels on products for exact amounts.

Milk Group	Calcium (mg)
Milk, regular or low fat, 1 cup	300
Chocolate milk, 1 cup	300
Yogurt, 1 cup	300-415
American cheese, 2 oz	348
Cheddar cheese, 1 ½ oz	300
Cottage cheese, ½ cup	77
Mozzarella cheese, 1 ½ cup	275
Parmesan cheese, ¼ cup	338
Ricotta cheese, part skim, ½ cup	337
Swiss cheese, 1 ½ oz	408
Milk shake, 10 fl oz	319-344
Ice cream, ½ cup	88
Ice cream, soft-serve, ½ cup	113
Frozen yogurt, ½ cup	103
Pudding, instant, ½ cup	151
Soy milk, calcium-fortified, 1 cup	300
Rice milk, calcium-fortified, 1 cup	300

Prepared Foods	Calcium (mg)
Bean burrito	57
Cheese enchilada	324
Cheeseburger	182
Lasagna with meat, 2 ½"by 2 ½"	460
Macaroni & cheese, ½ cup	180
Pizza, cheese, 1 slice	220
Taco, 1 small	221
Protein Group	Calcium (mg)
Almonds, chopped, 1 oz	66
White beans, ½ cup	113
Salmon, canned with bones, 2 oz	110
Sardines, 2 oz	248
Tofu, calcium-fortified, 1 cup	260
Fruits	Calcium (mg)
Orange juice, calcium-fortified	300
Orange, 1 medium	50
Prunes, dried, ¼ cup	22
Raisins, ¼ cup	22
Vegetables	Calcium (mg)
Bok choy (Chinese cabbage) ½ cup	79
Broccoli, cooked, ½ cup	35
Broccoli, raw, 1 cup	35
Carrots, raw, 1 medium	27
Kale, cooked, ½ cup	45
Mustard greens, cooked, ½ cup	64
Sweet potatoes, mashed, ½ cup	44
Turnip greens, cooked, ½ cup	98
Grains	Calcium (mg)
Bread, whole wheat, 1 slice	25
Cereal, ready-to-eat, 1 oz	48
Farina, enriched, ½ cup	95
Tortilla, corn, 1 medium	60
Waffle, enriched, 4-inch	77

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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