

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.

FOREST PARK PEDIATRICS
(314) 535-7855