
Sources of Calcium

Calcium is a mineral found in many foods. Calcium plays an important role in strong bones and teeth, muscle and nerve function, and protection against high blood pressure. You have increased risk of deficiency if you have renal disease, vitamin D deficiency, or health conditions that impair your digestion and absorption such as celiac disease.

How much Calcium do I need?

If you are between 19 and 50 years old 1000 mg is advised per day. If you are older than 50 years, then 1200 mg is advised daily. It is best to get calcium from food sources, but you may need to take a supplement to meet your needs. Discuss with your doctor before taking a supplement.

What are food sources of Calcium?

Milk and cheese products are the most common sources. Below is a list of some food sources of calcium with the serving size and amount of calcium it provides.

| Food Source | Serving Size | Calcium (mg) |
|---|--------------|--------------|
| Cereal, calcium fortified | 1 cup | 200-1000 |
| Yogurt, fruit or plain | 8 oz | 300-450 |
| Ricotta cheese, part skim | 1/2 cup | 335 |
| Sardines, canned with bones | 3 oz | 325 |
| Soy milk or non-dairy milk, calcium fortified | 1 cup | 300-370 |
| Milk, 1% | 1 cup | 290 |
| Spinach and collards, cooked | 1 cup | 270 |
| Soybeans, cooked | 1 cup | 260 |
| Orange juice, calcium fortified | 6 oz | 260 |
| Cheese, provolone, Swiss, jack | 1 oz | 225 |
| Cheese, cheddar, mozzarella | 1 oz | 205 |
| Salmon, canned with bones | 3 oz | 180 |
| Tofu, calcium fortified | 1/4 block | 165-215 |

Reading Food Labels for Calcium:

| Nutrition Facts | |
|-------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 240mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Serving Size:

Located directly beneath Nutrition Facts. Read the household measure: 2/3 cup.

Servings per Container:

Servings per container are the number of servings that can be found in a box, bottle, bag or package of food. If you ate the whole container, you would need to multiply any of the information on the label by eight.

Calcium:

Read the percentage amount.

The goal is to eat a total of 100% per day.

Example:

For this food label a 2/3 cup serving contains 20% of your daily recommendation of calcium.