

Calcium

Calcium is the most abundant mineral in the body, 99% of which is found in the bones and teeth.

The Institute of Medicine recommends the following amounts of calcium consumption per day for these specific age groups:

Male and Female Age (years)	Calcium (mg/day)	Pregnancy & Lactation
14 to 18	1300	1300
19 to 50	1000	1000
51+	1200	N/A

Though it may seem that you would have to probably double the amount of milk you drink per day, you also should take other sources of calcium into consideration. The following chart is a comparison of the calcium content of 8 fluid ounces of milk compared to other food sources of calcium.

8 fl oz Milk = 1 cup yogurt OR 1.5 oz Cheddar Cheese

OR 1 ½ cups Cooked Kale OR 2 ¼ cups Cooked Broccoli OR 8 cups Cooked Spinach

To help guide you in your calcium selection, here is a chart with calcium found in everyday foods.

Animal Based Foods

Food Description	Calcium (mg)	% DV*
Yogurt, plain, low fat, 8 oz.	415	42%
Yogurt, fruit, low fat, 8 oz.	245-384	25-38%
Milk, non-fat, 8 fl oz.	302	30%
Milk, reduced fat (2% milk fat), no solids, 8 fl oz.	297	30%
Milk, whole (3.25% milk fat), 8 fl oz.	291	29%
Milk, buttermilk, 8 fl oz.	285	29%
Milk, lactose reduced, 8 fl oz.**	285-302	29-30%
Mozzarella, part skim, 1 ½ oz.	275	28%

Sources:

1. <http://dietary-supplements.info.nih.gov/factsheets/calcium.asp>

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Cottage Cheese, 1% milk fat, 1 cup unpackaged	138	14%
Cheese, cream, regular, 1 Tbsp	12	1%
Cheddar cheese, 1 ½ oz. shredded	306	31%
Sour cream, reduced fat, cultured, 2 Tbsp	32	3%
Ice cream, vanilla, ½ cup	85	8.5%
Frozen yogurt, vanilla, soft serve, ½ cup	103	10%
Pudding, chocolate, instant, made with 2% milk, ½ cup	153	15%
Instant breakfast drink, various flavors and brands, powder prepared with water, 8 fl oz.	105-250	10-25%
Sardines, canned in oil, with bones, 3 oz.	324	32%
Salmon, pink, canned, solids with bone, 3 oz.	181	18%
Ready to eat cereal, calcium fortified, 1 cup	100-1000	10-100%
Tortilla, corn, ready to bake/fry, 1 medium	42	4%
Tortilla, flour, ready to bake/fry, one 6" diameter	37	4%
Bread, white, 1 oz.	31	3%
Bread, whole wheat, 1 slice	20	2%

Non-Animal Based Foods

Food Description	Calcium (mg)	%DV*
Tofu, firm, made with calcium sulfate, ½ cup****	204	20%
Tofu, soft, made with calcium sulfate, ½ cup****	138	14%
Tofu, processed with calcium sulfate, 2 Tbsp	342	34%
Tofu, processed with nigari, 4 oz.	80-230	8-23%
Spinach, cooked, ½ cup	120	12%
Turnip greens, boiled, ½ cup	99	10%
Kale, cooked, 1 cup	94	9%
Kale, raw, 1 cup	90	9%
Kale, cooked, 1 cup	179	18%
Chinese cabbage, raw, 1 cup	74	7%
Broccoli, raw, ½ cup	21	2%
Broccoli, cooked, 1 cup	86	9%
Collard greens, cooked, 1 cup	357	36%
Turnip greens, cooked, 1 cup	249	25%
Okra, cooked, 1 cup	176	18%
Soybeans, cooked, 1 cup	175	18%
Sesame seeds, 2 Tbsp	160	16%
Bok choy, cooked, 1 cup	158	16%
Tempeh, 1 cup	154	15%
Mustard greens, cooked, 1 cup	152	15%
Figs, dried or fresh, 5 medium	135	14%
Tahini, 2 Tbsp	128	13%
Almonds, ¼ cup	97	10%
Almond butter, 2 Tbsp	86	9%
Blackstrap molasses, 2 Tbsp	342	34%
Soy beverage, calcium fortified, 8 fl oz.	80-500	8-50%

Sources:

1. <http://dietary-supplements.info.nih.gov/factsheets/calcium.asp>

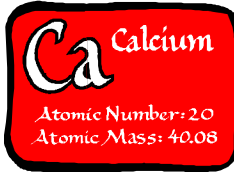
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Soy/ricemilk, commercial, calcium-fortified, plain, 8 oz.	150-500	15-50%
Soymilk, commercial, plain, 8 oz.	80	8%
Orange juice, calcium fortified, 8 oz.	300	30%
Commercial soy yogurt, plain, 6 oz.	250	25%

*DV = Daily Value

**Content varies slightly according to fat content; average = 300 mg calcium.

***Calcium values are only for tofu processed with a calcium salt. Tofu processed with a non calcium salt will not contain significant amounts of calcium.



Adding calcium to your diet may seem like a difficult task, simply follow these tips to make this healthy change easier.

- Use low fat or fat free milk instead of water in recipes such as pancakes, mashed potatoes, pudding, and instant, hot breakfast cereals.
- Blend a fruit smoothie made with low fat or fat free yogurt for a great breakfast.
- Sprinkle grated low fat or fat free cheese on salad, soup or pasta.
- Choose low fat or fat free milk instead of carbonated soft drinks.
- Serve raw fruits and vegetables with a low fat or fat free yogurt based dip.
- Create a vegetable stir-fry and toss in diced calcium-set tofu.
- Enjoy a parfait with fruit and low fat or fat free yogurt.
- Complement your diet with calcium-fortified foods such as certain cereals, orange juice and soy beverages.

UNCW Campus Nutritionist

Alice B. Merritt MPH, RD, LDN • 910-962-7621 • merritta@uncw.edu

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Sources:

1. <http://dietary-supplements.info.nih.gov/factsheets/calcium.asp>

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