

CALCIUM REQUIREMENTS FOR HEALTHY BONES

AGE	OPTIMAL DAILY INTAKE (in mg)
Children 1 to 10	800
Teenagers	1,200- 1,500
Ages 25-50	
Before menopause	1,000
Surgical or premature natural menopause	1,500
Over 50	
Not taking estrogen	1,500
Taking estrogen	1,000
Pregnant or nursing	additional 400

FOODS CONTAINING CALCIUM

FOOD	AMOUNT	CALCIUM (mg)
Milk and Dairy Products		
American Cheese	1 oz	195
Cheddar Cheese	1 oz	211
Swiss Cheese	1 oz	219
Ice Cream-hard	1 cup	176
Low Fat Milk	1 cup	298
Skim Milk	1 cup	303
Low Fat Plain Yogurt	1 cup	415
Nuts		
Almonds	1 oz	66
Sesame Seed, dried, hulled	3.5 oz	100
Seafood		
Scallops, steamed	3.5 oz	115
Shrimp, raw	3.5 oz	63
Green Leafy Vegetables		
Broccoli, cooked	2/3 cup	88
Kale, cooked with stem	3/4 cup	187
Spinach, cooked	1/2 cup	83
Turnip greens, cooked	2/3 cup	154
Other Foods		
Chili con carne with beans	5 oz	61
Cream of celery soup made with milk	1 serving	135
Figs, dried	5 medium	126
Slice, from 12 inch cheese pizza	1 piece	144
Pudding, chocolate	1/2 cup	147
Raisins, dried seedless	5/8 cup	62

Source: The National Institute of Health's Development Conference on Optimal Calcium Intake.