

Bone Up On Calcium

Daily Dose of Calcium



HOW MUCH CALCIUM DO YOU NEED EVERY DAY?

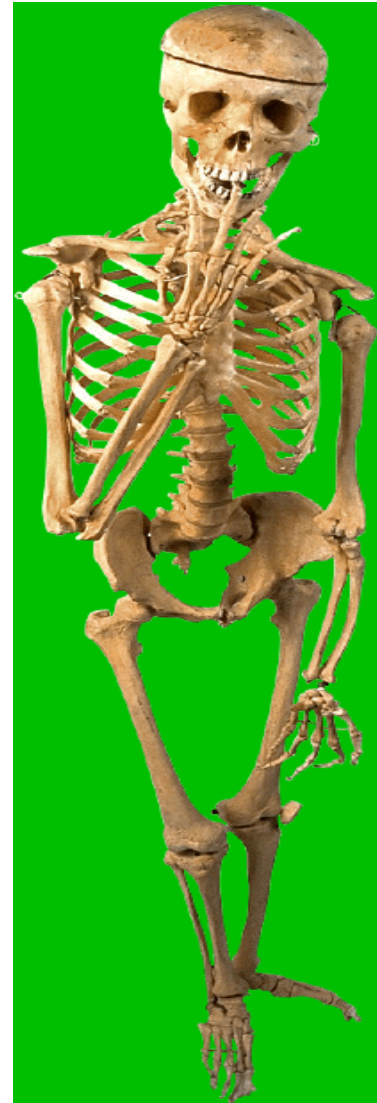
At this life stage...	You need this much calcium
child (age 1 to 10)	800 milligrams
young adult (age 11 to 29)	1,200 milligrams
adult (age 30 to 50)	1,000 milligrams
adult (age 51 to 64)*	1,200 milligrams
adult (age 65 and over)**	1,500 milligrams

* also includes pregnant and lactating females and postmenopausal females on estrogen
 ** also includes postmenopausal females not taking estrogen

FOODS WITH CALCIUM

Food	Amount	Milligrams
low-fat or nonfat plain yogurt	1 cup	415 mg
orange juice (calcium fortified)	8 oz	350 mg
skim or low-fat milk	1 cup	300 mg
cheese	1 oz	200 mg
tofu	4 oz	108 mg
ice cream	½ cup	88 mg
collard greens, cooked	½ cup	145 mg
cottage cheese	1 cup	116 mg
spinach, cooked	½ cup	105 mg
orange	1 medium	54 mg
broccoli, cooked	½ cup	49 mg
dried beans, cooked	½ cup	45 mg
tangerine	1 medium	34 mg
cabbage	½ cup	32 mg
green beans	½ cup	32 mg
squash, winter	½ cup	29 mg
squash, summer	½ cup	26 mg
whole wheat bread	1 slice	25 mg
brussel sprouts	½ cup	25 mg
white bread	1 slice	21 mg
rye bread	1 slice	19 mg
asparagus, cooked	½ cup	15 mg
fast food hamburger	1 sandwich	140 mg
fast food cheeseburger	1 sandwich	199 mg
fast food french fries	reg. size	14 mg
fast food taco	1 medium	69 mg
fast food bean burrito	1 medium	139 mg
restaurant cheese pizza	1 slice	104 mg
restaurant pepperoni pizza	1 slice	105 mg

NOTE: This is by no means an extensive list. Students should record calcium amounts given on food labels from the foods they eat.



Oregon State University Athletics: Sports Nutrition
