

How much calcium do I need?

- The recommended amount of calcium for healthy adults is 1000 to 1200 milligrams (mg) every day.
- You can reach your goal calcium serving for the day by having:
 - 3 servings of 300 mg foods + 1 serving of 200 mg foods
 - 2 servings of 300 mg foods + 2 servings of 150 mg foods + 1 to 3 serving(s) of 100 mg foods
 - 1 serving of 300 mg foods + 1 serving of 200 mg foods + 2 servings of 150 mg foods + 2 to 3 servings of 100 mg foods + 1 to 2 servings of 50 mg foods

Calcium per serving	Food	
300 mg	• 1 cup milk (fat-free, low-fat, chocolate, and buttermilk) • 1 cup fat-free or low-fat yogurt • 1 cup calcium-fortified soy or rice milk • 1 cup calcium-fortified orange juice • 1/2 ounce (oz) low-fat natural cheese (cheddar, mozzarella, or Swiss) ○ 2 oz processed cheese (American) • 1 cup ready-to-eat pudding • 1 cup macaroni cheese	
200 mg	• 3 oz sardines (with soft bones) ○ 1 cup calcium-fortified cereal ○ 1 oz feta or blue cheese	• 3 oz fish, perch • 3 oz canned salmon (with soft bones)
150 mg	• 1 slice calcium-fortified bread • 1/2 cup tofu (made with calcium)	• 1 cup cottage cheese • 5 dried figs
100 mg	• 1/2 cup frozen yogurt or ice cream • 1/4 cup almonds • 1/2 cup cooked greens (beet greens, turnip greens, kale, collards, spinach) • English muffin	• 1/2 cup soybeans • 1/2 cup canned white beans • 1 packet instant, fortified oatmeal • 2 Tbsp parmesan
50 mg	• 1 medium orange • 1/2 cup cooked broccoli • 1/2 cup canned white beans	• 1/2 cup dried beans and peas • 1 medium baked sweet potato

Example day with appropriate calcium

(1000 to 1200 mg every day)

Meal	Food
Breakfast	• 1/2 cup milk (150 mg) • 1 English muffin (100 mg) • 2 Tbsp peanut butter (14 mg)
Snack	• 1 medium orange (50 mg)
Lunch	• 1 sandwich made with: ○ 2 slices calcium-fortified bread (300 mg) ○ 3.5 ounces of white turkey deli meat (16 mg) ○ Iceberg lettuce, tomato, onion • 1/4 cup almonds (100 mg)
Snack	• 1 cup cottage cheese (150 mg) • 1/4 cup pineapple (5 mg)
Dinner	• 3.5 ounces baked skinless chicken (6 mg) • 1/2 cup cooked broccoli (50 mg) • 2 Tbsp parmesan cheese (100 mg) • 1 medium baked sweet potato (50 mg)
Total:	1,091 mg calcium