

RECOMMENDED CALCIUM INTAKE

NIH Consensus Panel

	<u>mg/day</u>
Children (1-10 years)	800
Teenagers & Young Adults (11-24 years)	1200
Pregnant & Lactating	1200-1500
Premenopausal women	1000
Postmenopausal (not on estrogen)	1500
Postmenopausal (on estrogen)	1000
Men	1000

DIETARY SOURCES OF CALCIUM

<u>Food</u>	<u>Portion</u>	<u>Calcium (mg)</u>
<u>Breads</u>		
White Bread	1 piece	30
English muffin, plain	1	100
<u>Meals</u>		
Cheese pizza	1 slice	144
Macaroni and cheese	1 cup	210
Oatmeal, instant	1 pkg	163
Omelet	2 eggs	60
Pancakes, homemade	1 , 4 inch	110
waffle, plain	1 large	154
Cereal, Total	1 cup	345
Vegetable Lasagna	1 piece	450
Potatoes, au gratin	½ cup	146
Spaghetti w/meatballs	1 cup	53
<u>Desserts</u>		
Ice cream, vanilla	1 cup	176
Orange Sherbert	1 cup	103
<u>Soups</u>		
Clam Chowder	1 cup	34
Tomato	1 cup	13
Mushroom	1 cup	30

DIETARY SOURCES OF CALCIUM

<u>Food</u>	<u>Portion</u>	<u>Calcium (mg)</u>
<u>Milk</u>		
Buttermilk	1 cup	285
Lowfat 1%	8 oz	300
Low fat 2%	8 oz	297
Skim milk	1 cup	302
Whole dry instant	1/4 cup	300
Whole milk	1 cup	290
Coconut milk	1 cup	39
Soy milk	1 cup	350
Milkshake, van.	1cup	290
Yogurt, plain-nonfat	1 cup	490
Yogurt, low fat	1 cup	445
Yogurt, fruit Flavored	1 cup	314
<u>Cheese</u>		
Brie	1 oz	52
Cheddar	1 oz	150
Cottage cheese, 4% reg	1 cup	120
Cottage cheese, 1% fat	1 cup	140
Cottage cheese, 2% fat	1 cup	170
Cream Cheese	1 oz	23
Feta	1 oz	140
Monterey Jack	1 oz	212
Mozzarella	1 oz	205
Parmesan, hard	1/4 cup	338
Swiss	1 oz	272
<u>Sea Food</u>		
Salmon	3 oz	181
Shrimp	1 cup	117
<u>Vegetables/Fruits/Nuts</u>		
Bean, baked	1 cup	150
Broccoli cooked	1 cup	90
Almonds	2 oz	150
Spinach, boiled	½ cup	130
Figs, dried	10	270

CALCIUM SUPPLEMENTS

	<u>mg. of Elemental Calcium per tablet</u>
<u>Calcium Carbonate</u>	
AARP Calcium Carbonate 600	600
Calcium Carbonate Generic 650	250
Caltrate 600	600
Calcet	300
Nature Made Oyster Shell	625
One-A-Day (chewable)	500
Os-Cal 500	500
Os-Cal 250 Vitamin D	250
Rolaids	550
Tums (Regular)	200
Tums E-X	300
Tums Ultra	500
Tums 500	500
Viactiv	500
<u>Calcium Citrate</u>	
Citracal Maximum	315
Citracal Petites	200
Citracal regular 250	250
<u>Calcium Phosphate</u>	
Posture 600	600

It is important to know how much actual calcium is in a supplement. Note there is a concern that bone meal and dolomite contain lead and other mineral contaminants besides the calcium. Calcium carbonate is easy to find and is inexpensive; Calcium carbonate absorbs best with meals. Calcium citrate is a good alternative. If constipation is a problem; again Calcium citrate can be taken at any time.

INFORMATION

Calcium is an essential nutrient necessary for the normal function of muscles, nerves, the heart, and other vital organs. Each day we lose calcium in the urine, feces, and sweat. These losses are replaced by calcium in the diet. But when the intake of dietary calcium is not sufficient, the body takes the needed calcium from the bone. Therefore, a lack of calcium in the diet contributes to calcium loss and osteoporosis.

Americans overall are not consuming enough calcium. Surveys have suggested that women are taking less than half of their daily recommended amount of calcium.

The best source of calcium is from the diet. One way to increase the amount of calcium in your diet is to include foods which are rich in calcium. If you do not consume enough calcium from food, you may consider taking a calcium supplement. Add a calcium supplement in an amount that makes your total daily calcium intake equal to the recommended amount.

There are different calcium compounds available. Different calcium compounds contain different amounts of **elemental calcium** (actual amount of calcium in the supplement). Therefore, it is important to read the label carefully to determine how much **elemental calcium** you are taking. For instance, in a 1250 mg tablet of calcium carbonate (1250 mg is the total weight amount of calcium and carbonate), such as Os-Cal, there is 500 mg of elemental calcium. Calcium carbonate is the most common form of calcium used.

Calcium supplements are best taken with a meal in small amounts throughout the day or at least once daily. The most recent data suggest that most of us do not have sufficient Vitamin D and requires supplement despite living in sunny Southern California. Therefore it is recommended to take 2000 IU of Vitamin D₃ daily. It is advisable to consult with your physician before taking a calcium supplement, especially if you have a history of kidney stones.

