



calcium

the key to healthy bones

servicing size food item calcium (mg)

1 cup	Plain yogurt, fat free	450
1 cup	Yogurt with fruit (lowfat or fat free)	315
8 oz.	Milk (fat free, lowfat or whole)	300
1 oz.	Cheddar cheese	204
1/2 cup	Macaroni & cheese	180
1 oz.	Cooked dried white beans	161
1/2 cup	Spinach	122
1/2 cup	Turnip greens, frozen	125
1 cup	Broccoli, cooked or fresh	90
1 oz.	Dry roasted almonds	80
1 slice	Bread, white or whole wheat	30
1/2 cup	Tofu made with calcium	260
10	Dried figs	269
3 oz.	Sardines (canned w/bones)	272

Source: National Institutes of Health

age group calcium needed per day (mg)

1-3 years	500
4-8 years	800
9-18 years	1,300
19-50 years	1,000
51+ years	1,200

Source: National Academy of Sciences



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The National Institutes of Health recognize dairy foods as the "preferred sources of calcium" and the 2005 U.S. Dietary Guidelines for Americans recommend 3 servings of dairy a day!

