

## Best Food Sources of Calcium

### Dairy Sources:

Food	Serving Size	Calcium (mg)
Milk, skim	8 oz.	302
Milk, 2%	8 oz.	297
Yogurt, low-fat fruit	8 oz.	350
Yogurt, plain	8 oz.	450
Yogurt, frozen	8 oz.	278
Cheese, American	1 oz.	202
Cheese, low-fat cottage	4 oz. = ½ cup	69
Cheese, cream	1 oz.	30
Cheese, cheddar	1 oz.	204
Cheese, mozzarella	1 oz.	203
Cheese, Swiss	1 oz.	273
*Custard, baked	4 oz. = ½ cup	249
Ice cream, low-fat	4 oz. = ½ cup	100
Ice cream sundae	4 oz. = ½ cup	150
Pudding	4 oz. = ½ cup	150
Gisé	4 oz. = ½ cup	150

### Non-Dairy Sources:

Food	Serving Size	Calcium (mg)
Broccoli, cooked	4 oz. = ½ cup	47
Spinach, cooked	4 oz. = ½ cup	122
Greens, cooked	4 oz. = ½ cup	55
Tofu, raw, firm	4 oz. = ½ cup	258
Orange, juice, calcium fortified	6 oz.	200
Instant oatmeal	1 package	150
Pancakes, buttermilk	80	80
Sardines	2	90
Salmon, canned with bones	3 oz.	203
Calcium-enriched bread	3 oz.	290
Tomato soup, prepared with milk	8 oz.	186
Total Breakfast Cereal	1 cup	1,000

\*contains substances that tend to block calcium absorption

Daily Calcium vary between 1,000 and 2,000 per day and Daily Vitamin D needs are between 400-800 units per day. The amount will depend on your age and health needs, so please talk to a midwife or doctor and discuss what your daily intake needs are. Pregnancy requirement is 1,200 mg daily.

### Suggestions to further improve your intake of Calcium

- Drink skim or 1% milk with meals or as a snack.
- Increase your intake of calcium-rich foods when under stress - Use skim milk.
- As you provider about medications (some decrease calcium absorption).
- Don't smoke (it decreases calcium absorption).
- Do exercise (it increases bone density) especially weight-bearing exercise.
- Limit caffeine intake, it can decrease calcium absorption. Add low-fat cheese to sandwiches, salads, casseroles, etc. Eat low-fat yogurt or cheese as a snack.
- Choose calcium-rich desserts. Avoid or limit alcohol - it can increase calcium loss.