

CALCIUM -- EVERYONE NEEDS IT

People of all ages need calcium for strong bones. This is especially important for people who do not eat dairy products.

Age 1 - 3 years	500 mg/day
Age 4 – 8 years	800 mg/day
Age 9 – 18 years	1,300 mg/day
Age 19 – 50 years	1,000 mg/day
Age > 50, pregnant, or breastfeeding	1,200 mg/day

SUGGESTED SOURCES OF CALCIUM

Most dairy products, calcium-fortified orange juice and TUMS antacid tablets contain between 200 – 300 mg per serving.

Milk	1 cup	300 mg
Yogurt	8 ounces	300 mg
Fortified Orange juice	8 ounces	300 mg
TUMS EX	1 tablet	300 mg
Many cheeses	1 ounce	200-250 mg
Calcium Fortified Cereal	$\frac{3}{4}$ cup	250 mg
TUMS Regular	1 tablet	200 mg
Mustard greens or Kale	$\frac{1}{2}$ cup	50 mg
Broccoli	$\frac{1}{2}$ cup	50 mg

To get enough calcium you will need about four to six servings daily.

You can mix and match calcium sources in any combination.

It is best to divide servings of calcium containing foods at various times of the day, rather than trying to get all your daily calcium at one meal.

Calcium carbonate (TUMS, others) is cheaper, but is less well absorbed and may cause more side effects. Commonly these include constipation, bloating and gas.

For sensitive individuals or those with kidney stones, we recommend calcium citrate supplements (Citracal) in a lower dose (adults 800 mg). It is better absorbed and may cause fewer gastrointestinal side effects.