

CALCIUM COUNTER

Recommended intakes for individuals for calcium in milligrams (mg)/day are:

Age	Males	Females
9–18 years	1,300 mg	1,300 mg
19–50 years	1,000 mg	1,000 mg



Here's a handy tool to help you make food choices to help you increase your calcium intake. Foods marked with * could be high in fat. Percentages refer to % Daily Value (DV). The DV for calcium is 1100 mg Ca/day.

50 mg calcium/serving or 5% DV	100 mg calcium/serving or 9% DV	150–200 mg calcium/serving or 14–18% DV	300 or more mg calcium/serving or > 27% DV
GRAIN PRODUCTS	1 Serving = 1 slice bread or 125 mL (½ c) cooked cereal/pasta/rice or 30g ready-to-eat cereal (check the label for the volume) or equivalent as indicated.		
2 slices of bread (60 g); 250 mL Kellogg's All Bran™ (60g); 250 mL Kellogg's Bran Buds with Psyllium™ (60 g). <i>Check the Nutrition Facts label for all enriched cereals for Calcium 5%.</i>	English muffin; tea biscuit; whole wheat pancake made with milk (10 cm).		
VEGETABLES AND FRUIT	1 Serving = 125 mL (½ c) or equivalent as indicated. Fruits and juices are based on unsweetened varieties.		
Broccoli, kale (cooked); broccoli (raw), 4 spears; carrots (raw); 22 baby carrots; 1 orange (raw).	Bok choy or turnip greens (cooked).	125 mL orange juice fortified with calcium; 6 dried figs.	<i>Note: Calcium from some vegetables (such as spinach) is not readily absorbed.</i>
MILK PRODUCTS	1 Serving = 250 (1 c) or 50 g (1 ½ oz) cheese or equivalent as indicated.		
Brie cheese*; 150 mL cottage cheese; 50 mL ricotta cheese.	175 mL ice cream*.	60 mL mozzarella partly skim cheese (shredded); 30 mL parmesan cheese; 60 mL feta cheese; 60 mL Romano cheese.	Milk (skim, 1%, 2%, whole*, chocolate); fortified soy beverage; cheese: cheddar*, brick*, edam*, gouda*, gruyere*, Swiss*; 175 mL yogurt (plain); 250 mL yogurt (flavored); 125 mL fortified cultured soy yogurt.
MEAT AND ALTERNATIVES	1 Serving = 90 g (3 oz) cooked, lean meat, fish or poultry (visible fat and/or skin removed) or 250 mL (1 c) cooked/canned legumes (e.g., kidney beans, chickpeas, lentils) or equivalent as indicated.		
Kidney beans; 60 mL Brazil nuts*, filberts* or roasted soynuts*; 100 mL hummus*; 125 mL pumpkin seeds* or sunflower seeds*; mixed nuts* or walnuts*; 7 large clams; 5 oysters.	Chick peas, black, pinto or navy beans; 30 mL almond butter* or sesame tahini*; 60 mL almonds*.	Baked beans; 125 mL salmon (canned with bones); 4 Atlantic or 2 Pacific sardines (canned with bones); 100 g calcium-set tofu.	
COMBINATION DISHES	1 Serving = 250 mL (1 c) or equivalent as indicated.		
	Scalloped potato; 1 slice pizza*.	125 mL milk pudding; 125 mL tapioca pudding; cream soup made with milk.	Fortified energy bars: check the label for calcium 27% or more.
OTHER FOODS CATEGORY	1 Serving = 15 mL (1 Tbsp) or equivalent as indicated. Other foods can be included in moderation if you have sufficient servings from the other food groups.		
50 mL sour cream* or coffee cream*. <i>Note: 50 mL cream cheese* (only 39 mg calcium).</i>		Molasses (Black Strap); 50 mL partly skim evaporated milk or condensed milk*.	

