



Getting enough calcium is the first step to standing strong.

### HOW TO CALCULATE YOUR CALCIUM INTAKE

This calcium calculator is a reference tool to help you determine your approximate daily calcium intake. Follow these easy steps:

Step 1: Read and answer the questions regarding your daily intake of calcium.

Step 2: Multiply your answer and write the total in the space provided.

Step 3: Add the totals to determine your average daily calcium intake.

Step 4: Compare your total to the Suggested Calcium Intake chart.

Question	Answer	Calculate	Total
1. On average, how many 8 oz. glasses of milk (whole, skim, lactose-free, soy, etc.) per day?		Answer X 300	
2. On average, how many servings (1/2 cup, cooked) of deep-green vegetables per day?		Answer X 150	
3. On average, how many servings (1 oz.) of cheese per day?		Answer X 200	
4. On average, how many servings (1 cup) of yogurt per day?		Answer X 400	
5. On average, how many servings (appx. 1 large scoop) of premium or low-fat ice cream per day?		Answer X 85	
6. On average, how many servings of calcium-fortified foods (cereals, juices, breakfast bars, etc.) per day?		Answer X 200	
7. On average, how many servings of canned salmon or sardines (3 oz.) per day?		Answer X 150	
YOUR AVERAGE DAILY CALCIUM INTAKE IS			

**Calculate Your Calcium.** Are you getting enough calcium in your diet? Your calcium needs vary at different times in your life. Here's a general guide.

Try keeping a diary of all the foods you eat for a week or two. Then use the results of a typical day to fill out this calcium calculator and compare your results to "Calcium and Vitamin D Recommendations" (see page 19). If you find that you fall short, select a calcium supplement to make up the difference.

Product	Servings/day	Estimated calcium/ serving, in mg	Calcium, in mg
Milk (8 oz.)	_____ x	300 =	_____
Yogurt (8 oz.)	_____ x	400 =	_____
Cheese (1 oz.)	_____ x	200 =	_____
Fortified foods or juices	_____ x	80 to 1000* =	_____
Estimated total from other foods with smaller amounts of calcium			
<b>Total daily calcium intake</b>		<b>=</b>	_____

\* Calcium content of fortified food varies. Check package label.

### Calcium Content of Foods

Food item	Serving size	Estimated calcium content in milligrams (mg)
<b>Milk</b>		
Whole, low-fat or skim	8 oz. (1 cup)	300
<b>Yogurt</b>		
Plain yogurt, fat-free or low-fat	8 oz. (1 cup)	415
Fruit yogurt, low-fat	8 oz. (1 cup)	245-385
Frozen yogurt, vanilla, soft-serve	8 oz. (1 cup)	205
Ice cream, low-fat or high-fat	8 oz. (1 cup)	70-90
<b>Cheese</b>		
American	1 oz.	175
Cheddar, shredded	1 oz.	205
Cottage cheese, 1% milk fat	1 cup	140
Mozzarella, part skim	1 oz.	145-205
Parmesan, grated	1 tbsp.	70
Ricotta, part skim	4 oz. (1/2 cup)	335
Swiss	1 oz.	220-270
<b>Fish and shellfish (canned)</b>		
Sardines, canned in oil with bones	3 oz.	325
Salmon, pink, canned with bones	3 oz.	180
Shrimp, canned	3 oz.	50
<b>Vegetables</b>		
Bok choy (Chinese cabbage), raw	8 oz. (1 cup)	75
Broccoli, cooked & drained	8 oz. (1 cup)	60
Kale, cooked	8 oz. (1 cup)	95
Soybeans, mature, cooked & drained	8 oz. (1 cup)	175
Turnip greens, fresh, cooked & drained	8 oz. (1 cup)	200
<b>Fruits</b>		
Oranges	1 whole	50
Dried figs	2 figs	55
<b>Fortified foods</b>		
Fruit juice with added calcium	6 oz.	200-260
Cereal with added calcium (without milk)	1 cup	100-1,000
Tofu prepared with calcium	4 oz. (1/2 cup)	205
Soy milk with added calcium	8 oz. (1 cup)	180-500

The calcium content listed for most foods is estimated and can vary due to multiple factors such as fortification and fat content.