



# Increasing your Calcium Intake: Tip Sheet

Calcium is a mineral that helps build and maintain strong bones and teeth.

## How Much Calcium Should I Consume?

Men and Women 19-50 years of age	1000 mg of calcium per day
Men 51-70 years of age	1000 mg of calcium per day
Women 51-70 years of age	1200 mg of calcium per day
Men and Women 71 years and older	1200 mg of calcium per day
Pregnant and Breastfeeding Women 19-50 years of age	1000 mg of calcium per day

- No more than 2500 mg of calcium per day should be consumed by any individual 19-50 years of age.
- No more than 2000 mg of calcium per day should be consumed by any individual over the age of 51 years.

## How Much Calcium Should My Child Consume?

Children 4-8 years old	1000 mg of calcium per day
Children 9-18 years old	1300 mg of calcium per day
Pregnant and Breastfeeding Females 14-18 years old	1300 mg of calcium per day

- No more than 2500 mg of calcium per day should be consumed by any child 4-8 years of age.
- No more than 3000 mg of calcium per day should be consumed by any child 9-18 years of age.

## Ways to Increase your Calcium Intake

1. Consume milk and dairy products everyday.
  - Make sure to choose the low fat options!

250 mL (1 cup) of milk (3.3%, 2%, 1%, skim, chocolate)	291-322 mg of calcium
250 mL (1 cup) of fortified soy milk	321-324 mg of calcium
250 mL (1 cup) of enriched almond beverage	312 mg of calcium

50 g (1 ½ oz) of gruyere, swiss, goat, low fat cheddar or mozzarella	396-506 mg of calcium
50 g (1 ½ oz) of processed cheese slices (swiss, cheddar)	276-386 mg of calcium
175 g (¾ cup) of plain yogurt	263-275 mg of calcium
175 g (¾ cup) of Greek yogurt	180-212 mg of calcium
175 g (¾ cup) of kefir	198 mg of calcium

2. Consume non-dairy products that are high in calcium

75 g (2 ½ oz) of canned Atlantic sardines with bones	286 mg of calcium
75 g (2 ½ oz) of canned salmon with bones	179-212 mg of calcium
150 g (¾ cup) of tofu prepared with calcium sulfate	302-525 mg of calcium
175 mL (¾ cup) of canned or cooked beans (white, navy)	93-141 mg of calcium
125 mL (½ cup) of frozen, cooked collards	189 mg of calcium
125 mL (½ cup) of frozen, cooked spinach	154 mg of calcium
125 mL (½ cup) of frozen, cooked turnip greens	132 mg of calcium
125 mL (½ cup) of fortified orange juice	155 mg of calcium

- Make sure to always read the food labels to ensure all the foods consumed are gluten free. Also look at the nutrition facts table to see the amount of calcium in that specific product.

Bonus: Make sure to consume enough Vitamin D because it is very important in maintaining strong bones. It also helps calcium absorption. Talk to dietitian to make sure you are getting enough vitamin D!

This information is adapted from:

Dietitians of Canada. Food sources of calcium. In: Practice-based Evidence in Nutrition [PEN]. 2016 April 28 [cited 2018 May 10]. Available from:

<http://www.pennutrition.com.ezproxy.lib.ryerson.ca/KnowledgePathway.aspx?kpid=553&trid=12490&trcatid=467>. Access only by subscription or sign up for a free two week trial.

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