

# CALCIUM



## MAIN FUNCTIONS

- Structural component of bones and teeth
- Regulates nerve transmission and muscle contraction
- Helps maintain a healthy blood pressure
- Helps maintain acid-base balance in the blood

## DAILY RECOMMENDATION

1,000  
mg

Men  
19–70 Years

1,200  
mg

Men  
71+ Years

1,000  
mg

Women  
19–50 Years

1,200  
mg

Women  
51+ Years

## GOOD SOURCES

### Dairy

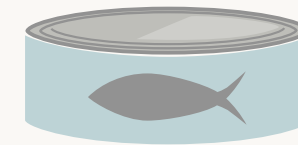
yogurt • milk • cheese

- Plain Yogurt,  
8 ounces (1 cup),  
415 mg



### Sardines

- Sardines  
(canned), 1 can  
(3.75 ounces),  
351 mg



### Green Leafy Vegetables

kale • bok choy

- Collard Greens  
(cooked), ½ cup,  
300 mg



mg = milligrams

## SPECIAL NOTES

- Many Americans do not consume enough calcium. Just 3 servings of dairy per day would meet the recommendation. For those who don't consume dairy, calcium-fortified juices, cereals, and milk alternatives are a good substitute.
- To maximize calcium absorption from supplements, take no more than 500 mg at a time.