

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



mg = milligrams

Sardines

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



Green Leafy Vegetables

kale • bok choy
Collard Greens
(cooked), ½ cup,
300 mg



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, cereal, and milk alternatives are a good substitute.
- To maximize calcium absorption from supplements, take no more than 500 mg at a time.