



Calcium

Recommended Daily Allowance for Calcium

Males and Females (25+ years old): 800 mg

Functions of Calcium

- Guards against osteoporosis
- Strengthens teeth and bones
- Aids nerve signaling, blood clotting, and hormone secretion

Causes of Osteoporosis

- Insufficient calcium
- Cigarette smoking
- Low weight
- Family history

Good Sources of Calcium

- Skim milk 1 cup = 300 mg
- Lowfat yogurt 1 cup = 415 mg
- Calcium-fortified orange juice 1 cup = 300 mg
- American cheese 1 oz. = 190 mg
- Mozzarella cheese, part skim 1 oz. = 550 mg
- Cheddar cheese 2 oz. = 400 mg
- Sardines 3 oz. = 350 mg
- Kale 1/2 cup = 130 mg

Other suggestions: pudding/custard, cheeses, ice cream/ice milk, macaroni & cheese, milkshakes, fruit & yogurt shakes, cream soups, grilled cheese sandwiches, kidney beans, leafy, green vegetables, nuts, seeds