

Robert Wool, M.D. • Debra Ames C.N.M. • Deborah Harris W.H.N.P. • Anne Valliant C.N.M.

Estimating Your Daily Calcium Intake

Glasses of Milk (8oz)	_____	x 300mg =	_____
Servings of Yogurt (8oz)	_____	x 300mg =	_____
Ounces of Cheese	_____	x 300mg =	_____
Orange Juice with Calcium (8oz)	_____	x 300mg =	_____
General Diet, Excluding above sources	_____	=	250mg
Additional Calcium Supplement	_____	=	_____
Your Daily Elemental Calcium Intake		Total =	_____

Calcium Supplements

Type/Brand Name	Elemental Calcium (mg)
Calcium Carbonate	
Tums/TumsEX	200 or 400mg
Tums Ultra	400mg
Alka Mints	340mg
Caltrate 600	600mg
Caltrate 600+D	600mg/400IU Vit. D
Os-Cal 500	500mg
Os-Cal 500+D	500mg/200IU Vit. D
Os-Cal 500 xtra D	500mg/400IU Vit. D
Viactiv	500mg/500IU Vit. D
Calcium Citrate	
Citracal	200mg
Citracal Regular	500mg/400IU Vit. D
Citracal Petites	400mg/500IU Vit. D
Citracal Max	600mg/500IU Vit. D

Food Sources of Calcium

Serving Size	Food	Calcium (mg)
1 cup	Milk (fat free, low fat, whole)	300
1 cup	Yogurt (plain, low fat)	415
1 cup	Yogurt (plain, fat free)	452
10 fl. oz	Milkshake (vanilla)	344
½ cup	Yogurt (frozen vanilla)	103
1 cup	Ice Cream (vanilla)	170
1 oz	Swiss Cheese	270
1 oz	Cheddar Cheese	204
1 oz	American Cheese	180
1 slice	Cheese Pizza	200
8oz	Orange Juice, Calcium fortified	300
1 cup	Macaroni and Cheese	360
2	Burritos w/ Beans and Cheese	221
3	Medium Pancakes	235
1 cup	Spinach (fresh, cooked)	244
1 cup	Kale (cooked)	180
1 cup	Broccoli (cooked)	94
3oz	Sardines (canned w/ bones)	321
3oz	Salmon (canned w/ bones)	203
1/3 cup	Almonds	114
10	Dried Figs	269

The National Osteoporosis Foundation suggests 500mg of calcium or less at any one time. They have found that divided doses throughout the day provide better absorption and deliver calcium more effectively in the body.