We need Calcium

To build, develop and maintain healthy bones and teeth

To maintain nerve & heart function

For muscle contraction

For proper cell function

How much calcium do we need?

Adults: Age 19 – 51
1200 mg/day

Pregnant Women: 1000 – 1300 mg a day

Adults over age 51: 1200 mg a day

Kids 700 mg a day
### Calcium Sources

#### Dairy
- **Cow's milk**: 1 cup = 300-400 mg
- **Yogurt**: 1 cup = 300 mg
- **Cheese**: 1/2 cup = 200 mg

#### Non-Dairy
- **Soy Milk**: 1 cup = 300 mg
- **Almond Milk**: 1 cup = 250 mg
- **Coconut Milk**: 1 cup = 38 mg

#### Beans, Legumes, & Nuts
- **Beans**: 1 cup = 120 mg
- **Tofu & Tempe**: 1/2 cup = 260 mg
- **Almonds**: 2 oz = 160 mg

#### Vegetables
- **Kale**: 1 cup = 101 mg
- **Bok Choy**: 1 cup = 160 mg
- **Broccoli**: 1 cup = 90 mg

### Calcium Barriers
- Caffeine
- Salt
- Junk Food
- Smoking

### Calcium Promoters
- **Vitamins**
  - Increases absorption of Calcium D, C, K
- **Exercise**
  - Strength training, walking, dancing.

### Portions
- **1 cup** = 8 oz
- **1 oz. meat or cheese**
- **1 Tbsp**
- **1 tsp**
- **1 inch**
- **1-2 oz of nuts or pretzels**
- **3 oz of meat, fish or poultry**