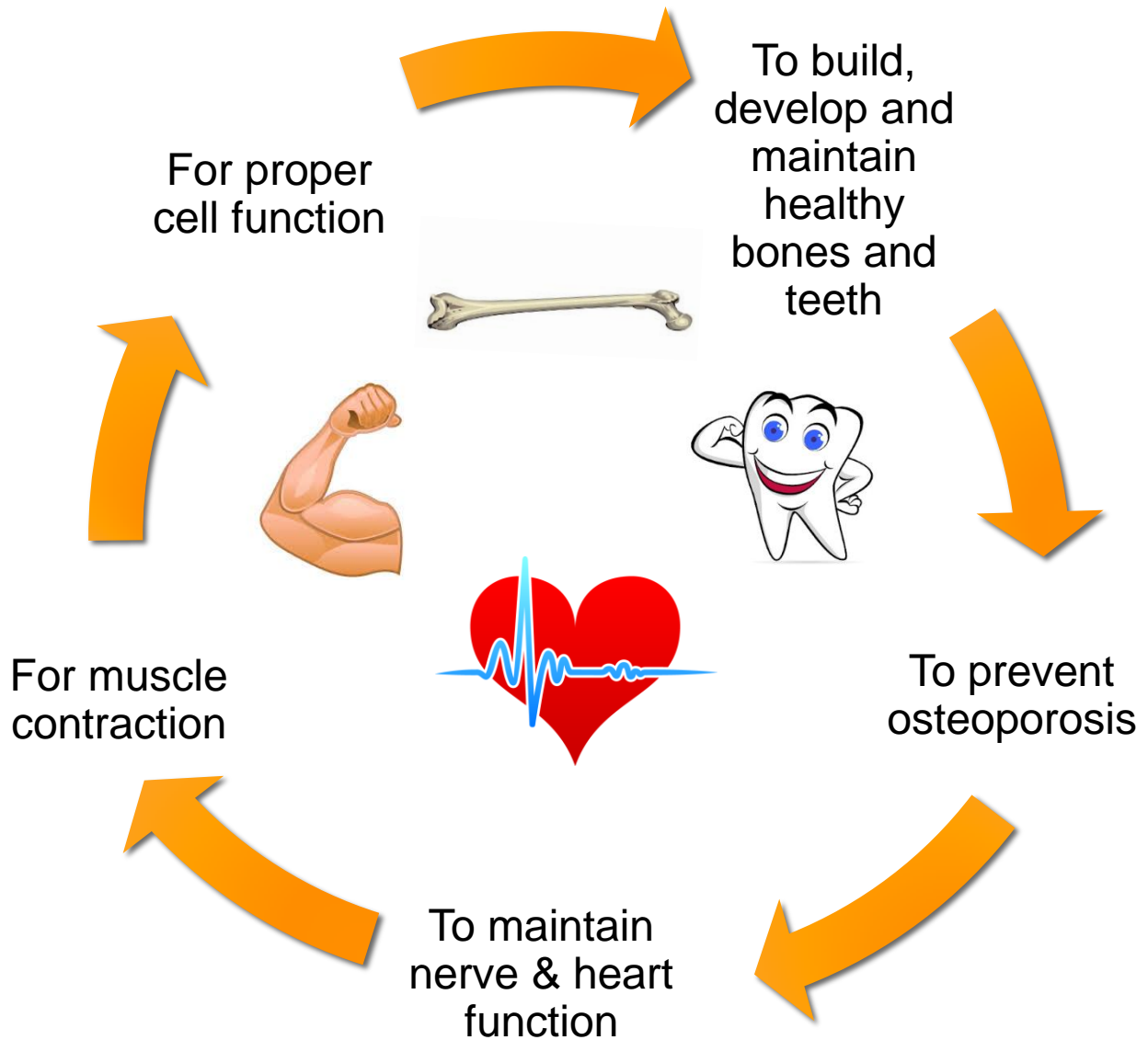
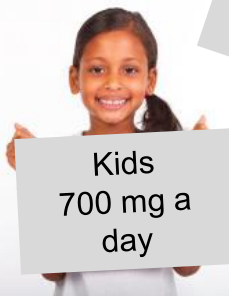


Calcium

We need Calcium




How much calcium do we need?



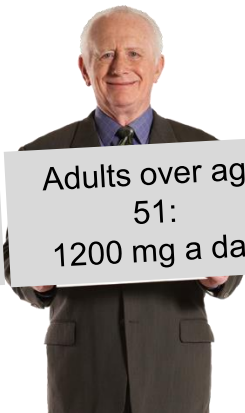
Kids
700 mg a
day



Adults: Age 19 - 51
1200 mg/day



Pregnant Women:
1000 – 1300 mg a
day



Adults over age
51:
1200 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



= 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