

Preventing Osteoporosis: Meeting Your Calcium Needs

Your body needs calcium to build and repair bones. But it can't make calcium on its own. That's why it's important to eat calcium-rich foods. Some foods are naturally rich in calcium. Others have calcium added (**fortified**). It's best to get calcium from the foods you eat. But if you can't get enough, you may want to take calcium supplements. To meet your daily calcium needs, try the foods listed below.

Daily Calcium Needs

14-18 Years Old: 1,300 mg

19-30 Years Old: 1,000 mg

31-50 Years Old: 1,000 mg

51-70 Years Old: 1,200 mg



Dairy		Fish & Beans		Other Sources	
Source	Calcium (mg) per serving	Source	Calcium (mg) per serving	Source	Calcium (mg) per serving
Low-fat yogurt plain	415 mg/8 oz.	Sardines, Atlantic, canned, with bones	351 mg/3 oz.	Oatmeal, instant, fortified	215 mg/1 cup
Nonfat milk	302 mg/1 cup	Salmon, sockeye, canned, with bones	239 mg/3 oz.	Tofu made with calcium sulfate	204 mg/3 oz
Low-fat milk	297 mg/1 cup	Soybeans, fresh, boiled	131 mg/1/2 cup	Collards	179 mg/1/2 cup
Swiss cheese	272 mg/1 oz.	White beans, cooked	81 mg/1/2 cup	English muffin, whole wheat	175mg/1 muffin
Cheddar cheese	205 mg/1 oz.	Navy beans, cooked	79 mg/1/2 cup	Kale	90 mg/1/2 cup
Ice cream strawberry	79 mg/1/2 cup			Orange, navel	56 mg/1 medium

Note: Calcium levels may vary depending on brand and size.