

CALCIUM

What Is Calcium and Why Do You Need It?

Calcium is a mineral. In your body, calcium makes up your bones and keeps them strong. Ninety-nine percent of the calcium in your body is stored in your bones and teeth. The other 1%, circulating in your blood and soft tissues, is essential for proper muscle function, blood clotting, and nerve message conduction. If your body does not get the calcium it needs from the food you eat, it will take it from your bones!

Calcium is especially important in the adolescent years; the calcium you store up in these years may help prevent bone disease in later years. Between the ages of 10 and 18 years, 1,200 mg of calcium is recommended each day; 1,600 mg is recommended during pregnancy and breastfeeding. After age 18, the recommended daily calcium intake is only 800 mg/day.

Calcium Sources

Calcium is most readily available in milk and milk products: yogurt, ice cream, pudding, cheese. Calcium is also available in foods such as dark green vegetables, nuts, grains, beans, canned salmon and sardines (if you eat the bones).

Food Source	Calcium Value (mg)
Buttermilk (1 C)	285
Cheese:	
American, pasteurized process (1 oz)	174
Cheddar (1 oz)	204
Cottage, creamed (½ C)	68
Cottage, low fat (2%) (½ C)	77
Mozzarella, part skim (1 oz)	183
Muenster (1 oz)	203
Swiss (1 oz)	272
Cocoa , made with whole milk (1 C)	298
Ice Cream	
Hardened (about 10% fat) (1C)	176
Hardened (about 16% fat) (1 C)	151
Ice Milk	
Hardened (about 4% fat) (1 C)	176
Soft serve (about 3% fat) (1 C)	274
Milk	
Whole (1 C)	291
Chocolate, low fat (2%) (1 C)	284
Low fat (2%) (1 C)	297

Low fat (1%) (1 C)	300
Skim (1 C)	302
Milkshake	
Chocolate (10.6 oz)	396
Vanilla (11 oz)	457
Pudding: Chocolate, regular cooked (½ C)	146
Yogurt	
Coffee and vanilla, low fat (1 C)	389
Fruit, low fat (1 C)	345
Plain, low fat (1 C)	415