

CALCIUM

The Building Block of Bones. Calcium is essential mineral that makes up most of our bones and teeth. As people age, our bodies become less efficient at absorbing calcium.

Not Just in Milk. Dairy foods like milk are the most common sources of calcium in the diet today, but they're not the only options. Most people around the world, including many of East Asian and African descent, are lactose-intolerant. In many traditional diets, leafy greens and beans are important contributors of calcium for omnivores and vegetarians alike.

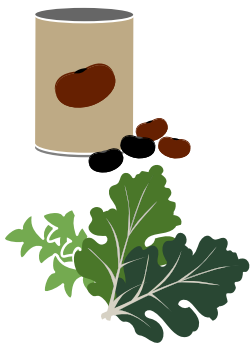
How Many Milligrams (mg) of Calcium Do You Need Every Day?

Infants		Children		Adults			Seniors	
0-6 mo.	6-12 mo.	1-3 years	4-8 years	9-18 years	19-50 years	51-70 years		71+ years
200 mg	260 mg	700 mg	1,000 mg	1,300 mg	1,000 mg	Men 1,000 mg	Women 1,200 mg	1,200 mg
(adequate intake)		(RDA)		(RDA)			(RDA)	

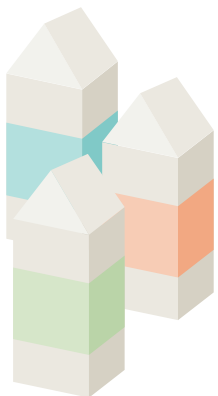
No increase in calcium needed during pregnancy or lactation.

Source: RDA, Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine, National Academies

Meeting Your Calcium Needs



Reach for greens and beans. One cup of boiled spinach has nearly as much calcium (246 mg) as one cup of whole milk (276 mg). Boiled soy beans (262 mg per cup), boiled turnip greens (198 mg per cup), boiled kale (192 mg per cup), and canned pinto beans (108 mg per cup) are also not too far behind. Make beans and greens a part of your daily diet for a boost in calcium and other nutrients like protein and fiber.



Are all "milks" created equal? Check the label to be sure that your milk of choice includes calcium. Calcium is found naturally in dairy milk and soy milk. Most soy milks are fortified with additional calcium to match the levels of dairy milk and are also fortified with vitamin D and Vitamin B12. Soy milk and dairy milk naturally have higher levels of protein than other alternative milks, at about 8 grams per cup. Other alternative milks or plant-based beverages typically have lower levels of protein, and may not be fortified with calcium, Vitamin D, or Vitamin B12. Make sure to read the nutrition facts panel closely.

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Vegan Sources of Calcium



Tofu, firm, made with calcium sulfate*
Serving: 3 ounces
Calcium: 580 mg



Soy Milk, fortified*
Serving: 1 cup
Calcium: 299 mg



Soy Beans, cooked
Serving: 1 cup
Calcium: 262 mg



Spinach, cooked
Serving: 1 cup
Calcium: 246 mg*



Kale, cooked
Serving: 1 cup
Calcium: 192 mg



Chia Seeds
Serving: 2 tablespoons
Calcium: 179 mg



Pak Choy Cabbage, cooked
Serving: 1 cup
Calcium: 158 mg



Dried Figs
Serving: 10 each
Calcium: 136 mg

Vegetarian Sources of Calcium



Cheese, Parmigiano-Reggiano
Serving: 1 ounce
Calcium: 323 mg



Milk, whole
Serving: 1 cup
Calcium: 276 mg



Greek Yogurt, plain
Serving: 1 cup
Calcium: 245 mg



Cottage Cheese, low fat
Serving: 1 cup
Calcium: 138 mg

* May vary depending on product

Source: U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, FoodData Central. Available from <https://fdc.nal.usda.gov/>.