



Calcium

Calcium is a building block that we all need for our bones and teeth, and also for proper functioning of our other body systems – including our heart, nerves, and kidneys. Kids need to build calcium into their bones when they are young and growing, like a savings account, or “bone bank” that they can use for the rest of their lives.

Dairy products tend to have the highest amount of calcium available to absorb quickly, but there are many other ways to get calcium if your child doesn’t drink milk or eat other dairy products. Vegetables are a good source, but just be aware that some vegetables, like spinach and chard, have oxalic acid which blocks the calcium in them from being absorbed well.

Calcium needs for Children and Adolescents:

- 1 - 3 years: 500-800mg/day
- 4 - 8 years: 600-1000 mg/day
- 9 - 18 years: 1100-1600 mg/day

Calcium Content of Common Foods, in Common Portions

The following list can help you figure out how much calcium you are getting from food. Calcium content of these foods varies by brand, and may differ somewhat from this list. This is meant as a general guideline.

	<u>Food Serving Size</u>	<u>Calcium (mg)</u>
<u>Dairy Products</u>		
Milk	8 oz.	300
Yogurt, plain	8 oz.	275-400
Cheddar Cheese	1 oz.	200
Cottage Cheese 1% lowfat	½ cup	70
String Cheese 1 oz.	1 stick	150
<u>Vegetables</u>		
Artichoke, boiled	1 medium	135
Bok choy	½ cup	79
Broccoli, chopped	½ cup	40
Collards, boiled	½ cup	110
Kale, chopped, boiled	½ cup	45
Mustard greens, boiled	½ cup	52
Spinach	½ cup	115
Squash, acorn or butternut, baked	½ cup	45
Sweet potato, baked	½ cup	32
Turnip greens, boiled	½ cup	99

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Bayside Medical Group

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	<u>Food Serving Size</u>	<u>Calcium (mg)</u>
<u>Legumes</u>		
Black beans, boiled	½ cup	23
Hummus	½ cup	60
Navy beans, canned	½ cup	60
Pinto beans, red beans	½ cup	40
White beans	½ cup	110
Soybeans, green, boiled	½ cup	130
<u>Fruits</u>		
Figs, fresh	2 medium	36
Orange	1 fresh	52
Orange juice (if <u>calcium fortified</u>)	8 oz.	300*
Papaya, fresh	½ medium	36
Raspberries, fresh	1 cup	27
<u>Nuts and Seeds</u>		
Almonds, dried	½ oz. (12)	37
Almond butter	1 Tbsp.	43
Sesame butter, roasted (tahini)	1 Tbsp.	64
Sesame seeds, whole, dried	1 Tbsp.	88
Soybean nuts, roasted	½ oz.	20
<u>Fish and Shellfish</u>		
Cod, Atlantic	3 oz.	13
Crab, cooked	3 oz.	50
Sardines, with bones, canned	3 oz	300
Salmon, pink, canned, solids with bone and liquid	3 oz	181
Ocean perch, Atlantic, cooked, dry heat	3 oz	116
Trout, rainbow	3 oz.	75
Tuna, light, canned in water	3 oz.	10
<u>Other Foods:</u>		
Molasses, blackstrap	1 tbsp.	170
Tofu, firm uncooked**	½ cup	250
Tofu, regular uncooked**	½ cup	130
Tempeh, steamed	½ cup	75
Soymilk, calcium-fortified	8 oz.	150-300 *

* Varies by brand. **Calcium added in processing.

Above values approximated, and adapted from: (1) Bowes and Church's [Food Values of Portions Commonly Used](#), 19th edition, 8/09; and (2) [USDA National Nutrient Database for Standard Reference, Release 17](#)