

daily to maintain strong bones,
preserve bone mass and reduce the
risk of fracture:

Children up
to age 8 -
500 to 800
mg per day

Youth
aged
9 to 18 -
1300 mg
per day

Adults
aged 19 to
50 -
1000 mg
per day

Adults
aged 51
years plus -
1200 mg
per day

Anyone
with
osteo-
porosis -
1500 mg
per day

HOW MUCH CALCIUM IS THERE IN FOODS?

	Portion	Calcium
Swiss or Gruyere cheese	1 3/4 oz./50 g	493 mg
Brick, cheddar, edam or gouda	1 3/4 oz./50 g	353 mg
Milk powder, dry	3 Tbs/45 mL	159 mg
Canned sardines, with bones	8 small	153 mg
Canned salmon, with bones	1/2 -213 g can	242 mg
Almonds	1/2 cup/125 mL	200 mg
Bran muffin	1	50 mg
Cooked beans(kidney, navy,garbanzo)	1/2 cup/125 mL	90 mg
Baked beans, canned	1/2 cup/250 mL	163 mg
Dried figs	10	270 mg
Orange	1 medium	52 mg
Broccoli - raw	1/2 cup/125 mL	38 mg
Banana	1 medium	10 mg
Milk, skim or whole	1 cup/250 mL	300 mg