

How Much Calcium Am I Getting?

Amount of Calcium in Some Good Calcium Foods

Calcium Food	Serving Size	~ Calcium Content (mg)	# Servings I Have per Day	My Calcium Intake (mg)
Dairy Foods				
Plain yogurt, nonfat	1 cup	488		
Milk powder (dry milk), nonfat	1/3 cup	391		
Fruit yogurt, nonfat	1 cup	350		
Ricotta cheese, part skim	1/2 cup	337		
Milk, nonfat or 1%	1 cup	311		
Lactose-free milks, such as Lactaid®	1 cup	300		
Plain Greek yogurt, nonfat	1 container (~6 oz)	187		
Sliced cheese, such as nonfat or lowfat Muenster, Cheddar, Mozzarella, Provolone, or Swiss	1 slice (3/4 oz)	111-173		
American cheese	1 piece (3/4 oz)	144		
Cottage cheese, nonfat or lowfat	1 cup	133		
Frozen yogurt or ice cream, nonfat	1/2 cup	104		
Foods with Added Calcium				
Soy milk with added calcium, such as Silk®	1 cup	450		
Almond milk with added calcium, such as Almond Breeze®	1 cup	450		
Rice drink (milk) with added calcium	1 cup	283		
Tofu with added calcium, soft or firm	1/2 cup	197		
Orange juice with added calcium	1/2 cup	174		
Cereal or cereal bar with added calcium	1 ounce	Label says _____		
Supplement with calcium	1	Label says _____		
Other Foods				
Sardines, canned, drained with bone	1 can (3.75 oz)	351		
Collard greens, cooked	1 cup	313		
Turnip greens, cooked	1 cup	223		
Salmon, canned, drained with bone	1/4 can (3 oz)	208		
Mustard greens, cooked	1 cup	191		
Other cooked greens, such as chard, kale, dandelion, or beet	1 cup	102-164		
Soybeans, green, boiled	1 cup	131		
Navy beans, not sprouted, cooked	1 cup	126		

Enter total here →

Calcium Recommendations

Age	9-13 Years	14-18 Years	19-30 Years
Females and Males	1300 mg	1300 mg	1000 mg
If pregnant or breastfeeding	1300 mg	1300 mg	1000 mg

Amount of calcium I need for my age

 mg

Amount of calcium I am getting now

 mg

How much more calcium I need each day

 mg

My Action Plan for Calcium



Name: _____

Check the box for each step you are doing now to get enough calcium. Check the boxes for the steps you plan to take. Write down other ways you plan to improve your calcium intake.

Things that I can do to get enough calcium every day

- Include a calcium-rich food or beverage with every meal. Try the *Fruity Delight*, *Macaroni and Cheese*, or *Rice Pudding* recipes, found at www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Pages/EasyMealsandSnacks.aspx or type “Easy Meals and Snacks: A Healthy Cookbook for Teens” into a web search engine.
- Choose a calcium-rich food or beverage for a snack every day. Ask your case manager to help you fill out the *How Much Calcium Am I Getting?* handout. www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-HowMuchCalciumAmIGetting.pdf
- Use a drink with calcium instead of water in hot cereal, soups, pancake mix, and other recipes. Use nonfat or lowfat milk. Or use soy, almond or rice drink/milk that have added calcium.
- Drink less soda. I will reduce my soda intake by _____ (cans, bottles, glasses) per day.
- Along with eating calcium-rich foods, I will take a supplement with calcium as directed by my medical provider.
- Drink all the milk that I put on my cold cereal.
- My ideas for improving my calcium intake:

Am Doing	Steps I Will Take
<input type="checkbox"/>	<input type="checkbox"/>

Signature: _____

Date: _____