Preventing Osteoporosis: Meeting Your Calcium Needs

Your body needs calcium to build and repair bones. But it can't make calcium on its own. That's why it's important to eat calcium-rich foods. Some foods are naturally rich in calcium. Others have calcium added (fortified). It's best to get calcium from the foods you eat. But if you can't get enough, you may want to take calcium supplements. To meet your daily calcium needs, try the foods listed below.

Note: Calcium levels may vary, depending on brand and size.

Dairy

Source	Calcium (mg) per serving
Low-fat yogurt, plain	415 mg/8 oz.
Nonfat milk	299 mg/1 cup
Low-fat milk (2%)	293 mg/1 cup
Swiss cheese	272 mg/1 oz.
Cheddar cheese	307 mg/1.5 oz.
Ice cream, vanilla	84 mg/½ cup

Fish and beans

Source	Calcium (mg) per serving
Sardines, Atlantic, canned in oil, with bones	325 mg/3 oz.
Salmon, pink, canned, with bones	181 mg/3 oz.
Soybeans, fresh, boiled	131 mg/½ cup
White beans, cooked	81 mg/½ cup
Navy beans, cooked	79 mg/½ cup

Other sources

Source	Calcium (mg) per serving
Oatmeal, instant, fortified	215 mg/1 cup
Tofu, firm, made with calcium sulfate	253 mg/½ cup
Collards	179 mg/½ cup
English muffin, whole wheat	175 mg/1 muffin
Kale, fresh, cooked	94 mg/1 cup
Orange juice, calcium fortified	349 mg/1 cup

Daily calcium needs

Here are the recommended amounts of calcium for adults. Your daily calcium needs may be different. Ask your healthcare provider how much calcium you need.

- Adults ages 19 to 50: 1,000 mg per day
- Women ages 50 to 70: 1,200 mg per day
- Men ages 50 to 70: 1,000 mg per day
- Adults ages 71 and older: 1,200 mg per day

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