

# CALCIUM



July, 2012



**Calcium is needed to form strong bones and teeth as well as help muscle and nerve function.**

## Daily calcium needs

0-2 months	400mg
2-6 months	500mg
6-12 months	600mg
1-2 years	700mg
2-6 years	800mg
6-8 years	900mg
8-10 years	1000mg
10-12 years	1200mg
12-18 years	1400mg
18+ years	1800mg

## Sources:

Infant formula	8oz	135-200mg
Milk/yogurt	8oz	290mg
Hard cheese	1oz	213mg
Cottage cheese	1cup	210mg
Juice w/calcium	8oz	240mg
Shrimp	4oz	130mg
Baked beans	1/2cup	68mg
Broccoli	1/2cup	72mg
Cabbage	1/	30mg
Carrots	1/2cup	30mg
Corn	1/2cup	15mg
Green beans	1/2cup	30mg
Pumpkin	1/2cup	30mg
Potato, white	1 medium	20mg
Potato, sweet	1 medium	48mg
Orange	1 medium	84mg
Apple/peach	1 medium	8mg
Bread	1 slice	10mg
Cereal, dry	1cup	10mg
Cream of wheat	1cup	144mg
Cheese pizza	1 slice	115mg
Egg	1 medium	26mg
Peanuts	1oz	10mg

## It is important to remember:

1. Get Adequate Sunshine (400 ui Daily)
2. Exercise 4X Per Week (20-30 Minutes)
3. Drink Less Soda (Foods like Soda, Chicken and Beef block calcium uptake.)