

## Calcium: What Is It?

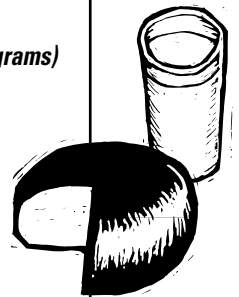
Calcium is the most abundant mineral in the human body and has several important functions. Calcium is essential for building and maintaining strong bones and teeth. It also helps to ensure proper functioning of the muscles and nerves. Eating calcium-rich foods helps prevent osteoporosis.

### Recommended Adequate Intake of Calcium

Male and Female	Calcium (mg / day)
0-6 months	210 milligrams
7-12 months	270 milligrams
1-3 years	500 milligrams
4-8 years	800 milligrams
9-13 years	1,300 milligrams
14-18 years	1,300 milligrams
19-50 years	100 milligrams
51 + years	1,000 milligrams
Pregnant / Lactating < 18 years	1,300 milligrams
Pregnant / Lactating 19-50 years	1,000 milligrams

### 10 Best Calcium Sources

Food	Amount / Portion	Calcium (milligrams)
Milk (fat-free and low-fat)	1 cup	300
Tofu (calcium-fortified)	1/2 cup	260
Yogurt	1 cup	250
Orange juice (calcium-fortified)	1 cup	240
Ready-to-eat-cereals (calcium-fortified)	1 cup	200
Cheese (i.e., cheddar)	1 ounce	200
Canned salmon (with bones)	3 ounces	180
Cheese, processed (i.e. American)	1 ounce	160
Bread (calcium-fortified)	2 slices	160
Broccoli	1 cup cooked	95



Source: National Institutes of Health / Office of Dietary Supplements



LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

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or for a physician referral,  
call 610-402-CARE