

# GETTING ENOUGH CALCIUM

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**MEALS**  
**on WHEELS**  
**SAN ANTONIO**

## Why do I need calcium?

Calcium is important for the maintenance of healthy bones and teeth. Calcium needs are highest during times of rapid growth and after menopause in women.

## How much calcium do I need?

To meet your calcium requirement, the following Dietary Reference Intakes (DRI) are recommended per day:

- **Young Children** (1 to 3 years old) – 500 mg
- **Children** (4 to 8 years old) – 800 mg
- **Adolescents and Young Adults** (9 to 18 years old) – 1,300
- **Adults** (19 to 50 years old) – 1,000 mg
- **Pregnant and Nursing Women** 1,000 to 1,300 mg
- **Senior Adults** (50+ years old) – 1,200 mg

## What foods are good sources of calcium?

The best sources of calcium are dairy products such as milk, yogurt, and cheese. Other excellent sources of calcium include calcium-fortified orange juice, cranberry juice, or soymilk. Just 2 ounces of cheese or 1 cup of milk, yogurt or calcium-fortified beverage contains 300 milligrams of calcium, about 30 percent of your daily requirement.

## Do I need a calcium supplement?

If you're not getting enough calcium from your diet, a daily calcium supplement is recommended. Ask a nutrition expert for more information.