

Calcium-Rich Foods

Calcium is important for building and maintaining strong bones and teeth. It also helps keep your heart, muscles and nerves working properly. Calcium needs are highest in stages of rapid growth, such as childhood and adolescence.

How much calcium does my child need each day?

Infants	Birth-5 months	200mg
	6-12 months	260mg
Children	1-3 years	700mg
	4-8 years	1000mg
Males	9-18 years	1300mg
	19-70 years	1000mg
Females	9-18 years	1300mg
	19-50 years	1000mg
Pregnancy/Lactating	14-18 years	1300mg
	19-50 years	1000mg

Which foods are high in calcium?

Milk and dairy products are the best source of calcium. For children who are lactose intolerant or who do not like milk, other good sources of calcium include green leafy vegetables, fish with edible soft bones, and calcium-fortified foods and beverages.

Excellent Food Sources of Calcium

Food Choices	Serving Size	Amount of Calcium per Serving
Milk and Milk Products		
Cheese	1 oz	200mg
Cottage Cheese	½ cup	75mg
Cottage Cheese, calcium-fortified (Lucerne)	½ cup	300mg
Milk	1 cup	285-300mg
Milkshake	12 oz	415mg
Yogurt, fruit	1 cup	315mg
Yogurt, plain	1 cup	415-450mg
Milk Substitutes and Calcium-Fortified Beverages		
Almond Milk (Silk Pure Almond)	1 cup	450mg
Coconut Milk (Silk Pure Coconut)	1 cup	450mg
Hemp milk	1 cup	300-500mg (depends on brand)
Calcium- Fortified Orange Juice (Minute Maid)	1 cup	300mg
Pacific Foods Oat Non-Dairy Beverage	1 cup	350mg
Rice Dream Original, enriched	1 cup	300mg
So Delicious Coconut Milk Yogurt	1 cup	250-300mg
Soy Milk	1 cup	240mg

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Good Food Sources of Calcium

Food Choices	Serving Size	Amount of Calcium per Serving
Breads and Cereals		
Calcium-fortified bread	1 slice	100mg
Dry infant cereal	1 Tbsp	20mg
Quaker Instant Oatmeal	1 packet	100-160mg
Quaker Life cereal, dry	1 cup	130mg
Tortilla, corn	1 each	40mg
Total Corn Flakes	1 cup	750mg
Waffle, frozen	1 each	80mg
Meat and Protein Rich Foods		
Egg	1 each	25mg
Salmon, canned	1 oz	65mg
Sardines, canned with bone	1oz	90mg
Tofu	1 cup	260mg
Vegetables		
Broccoli	1 cup	90mg
Dark green leafy vegetables	1 cup	75-150mg
Rhubarb	½ cup	175mg
Nuts, Seeds and Legumes		
Almonds	1oz	80mg
Filberts	1oz	55mg
Lima beans	1 cup	50mg
Navy beans	1 cup	125mg
Pinto beans or refried beans	1 cup	90mg
Sesame seeds	1oz	90mg
Miscellaneous		
Molasses, blackstrap	1 Tbsp	170mg

*Note that this is a general list and does not account for your child's specific food allergies/intolerances.

To increase your child's calcium intake, try the following:

- Make oatmeal with milk instead of water and sprinkle with almond slices.
- Sprinkle cheese or add leafy green vegetables in soup, chili, stew, pasta, or casseroles
- Top fruit with low-fat yogurt
- Make sandwiches with calcium-fortified bread

Does my child need a calcium supplement?

Children that eat a well-balanced diet may still not meet their calcium needs. Talk to a registered dietitian or your primary health care provider about calcium supplements.

More information

Log onto www.eatright.org and enter "calcium" in the search box.

This handout was provided to assist you with your child's nutritional needs. All nutrition plans should be individualized by working with a registered dietitian. Please get a referral for "Nutrition Clinic" from your Primary Care Provider. Then call (858) 576-1700 ext. 5999 to book an appointment with a dietitian.