

CALCIUM COUNTER

Glasses of Milk (8oz.)	_____	X300mg	_____	
Servings of Yogurt (8oz.)	_____	X300mg	_____	
Ounces of Cheese	_____	X200mg	_____	
Orange Juice with Calcium (8oz.)	_____	X300mg	_____	
Bowls of Total Cereal	_____	X1000mg	_____	
General Diet, excluding sources above			= _____	250
Additional Calcium Supplements			_____	
Your Daily Elemental Calcium Intake			= _____	mg

Calcium Supplements	
Type/Brand Name	Elemental Calcium (mg)
Tums/Tums EX	200 or 300
Tums Ultra/Tums 500	400 or 500
Alka Mints	340
Mylanta Calcium Tabs	400
Caltrate 600 +D	600mg/400IU Vit D
CalBurst	500mg/200IU Vit D
Os-Cal D	500mg/200IU Vit D
Viactiv	500mg/100IU Vit D
Calcium Citrate	Elemental Calcium (mg)
Citracal Liquitab	500
Citracal +D	315mg/200IU Vit D

*Calcium Carbonate is best absorbed when taken with food

*Look for calcium that is marked with a USP dissolution to be sure that it will dissolve in the stomach

*Compliments of the Alliance for Better Bone Health

US Department of Agriculture Food Sources of Calcium		
Serving Size	Food	Calcium
1Cup	Yogurt Plain, low fat	415
1Cup	Yogurt, fruit, low fat	300
1Cup	Skim or 1% Milk	302
1Cup	2% Milk	291
1Cup	Silk Soymilk Plain	300
1Cup	Rice Milk Plain	300
1oz	Swiss Cheese	272
1oz	Cheddar Cheese	204
1oz	Colby Cheese	194
1oz	American Cheese	174
1Cup	Cottage Cheese (low fat, 2%)	155
1	English Muffin with Butter	103
1	Beef Taco	174
3oz	Perch, cooked	117
3 1/2oz	Trout, cooked	218
2 Slices	Cheese Pizza (1/4 if 12" pie)	330
1 1/2Cup	Chef Salad	235
1/2Cup	Macaroni and Cheese	180
1Large	Plain Hamburger w/Bun	74
1Cup	Almonds	332
1Cup	Broccoli, Cooked	94
1Cup	Tomato Soup with Skim Milk	159
10 fl. Oz	Vanilla Shake	344
1Cup	Vanilla Ice Cream	170

The National Osteoporosis Foundation suggests 500mg of calcium or less at one time. Divided doses throughout the day provide better absorption and delivers calcium more effectively in the body.