

## How much calcium\* and vitamin D do I need each day?

### Women

- **Under 50:** 1,000 milligrams (mg) of calcium and 400 - 800 international units (IU) of vitamin D.
- **50 and older:** 1,200 mg of calcium and 800 - 1,000 IU of vitamin D.

### Men

- **Under 50:** 1,000 mg of calcium and 400-800 IU of vitamin D.
- **50-70:** 1,000 mg of calcium and 800-1,000 IU of vitamin D.
- **71 and older:** 1,200 mg of calcium and 800-1,000 IU of vitamin D.

\*Calcium recommendations include the total daily amount needed from both foods and supplements.

## Do I need to take supplements?

- Getting the amount of calcium and vitamin D you need every day can reduce your risk of breaking a bone. Use the chart to the left to find out how much total calcium and vitamin D you need each day.
- If you don't get enough calcium from food, a supplement can help you make up the difference. Calcium supplements are safe when taken in appropriate doses, but don't take more calcium than you need.
- Because it's difficult to get enough vitamin D from food and sunlight, many people need to take a supplement to reach the recommended daily amount.

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# Calcium and Vitamin D Pocket Guide



**(800) 231-4222**  
**[www.nof.org](http://www.nof.org)**

	Estimated Calcium*
Produce	(mg)
Collard Greens, frozen, 8 oz	360
Broccoli Rabe, 8 oz	200
Kale, frozen, 8 oz	180
Soy Beans, green, boiled, 8 oz	175
Bok Choy, cooked, boiled, 8 oz	160
Figs, dried, 2 figs	65
Broccoli, fresh, cooked, 8 oz	60
Oranges, 1 whole	55
Seafood	
Sardines, canned w/bones, 3 oz	325
Salmon, canned w/bones, 3 oz	180
Shrimp, canned, 3 oz	125

	Estimated Calcium*
Dairy Products	(mg)
Ricotta, part-skim, 4 oz	335
Yogurt, plain, low-fat, 6 oz	310
Milk, skim, low-fat, whole 8 oz	300
Yogurt with Fruit, low-fat, 6 oz	260
Mozzarella, part-skim, 1 oz	210
Cheddar, 1 oz	205
Yogurt, Greek, 6 oz.	200
American Cheese, 1 oz	195
Feta Cheese, 1 oz	140
Cottage Cheese, 2%, 4 oz	105
Frozen Yogurt, vanilla, 4 oz	105
Ice Cream, vanilla, 4 oz	85
Parmesan, 1 tbsp	55

	Estimated Calcium*
Fortified Food	(mg)
Orange Juice, fortified, 8 oz	300
Waffle, frozen, fortified, 2 pieces	200
Oatmeal, fortified, 1 packet	140
English Muffin, fortified, 1	100
Cereal, fortified, 8 oz	100-1,000
Other	
Mac & Cheese, frozen, 1 pkg	325
Pizza, cheese, frozen, 1 serving	115
Pudding, chocolate, prepared with 2% milk, 4 oz	160
Beans, baked, canned, 4 oz	60

\* Calcium content listed for most foods is estimated and can vary due to multiple factors.