



DAILY CALCIUM REQUIREMENTS

0 to 6 mo [†]	400
6 mo to 1 y [†]	600
1 through 3 y	800
4 through 8 y	800 (4-5 y) 800-1200 (6-8 y)
9 through 18 y	800-1200 (9-10 y) 1200-1500 (11-18 y)

Approximate Calcium Contents of 1 Serving of Some Common Foods*

Food	Serving Size	Calcium Content
Milk [†]	1 cup	240 mL 300 mg
White beans	1/2 cup	110 g 113 mg
Broccoli cooked	1/2 cup	71 g 35 mg
Broccoli raw	1 cup	71 g 35 mg
Cheddar cheese	1.5 oz	42 g 300 mg
Low-fat yogurt	8 oz	240 g 300-415 mg
Spinach cooked [‡]	1/2 cup	90 g 120 mg
Spinach raw [‡]	1 1/2 cup	90 g 120 mg
Calcium-fortified orange juice	1 cup	240 g 300 mg
Orange	1 medium	1 50 mg
Sardines or salmon with bones	20 sardines	240 g 50 mg
Sweet potatoes	1/2 cup mashed	160 44