



Recommended Calcium Intake & Calcium Rich Foods

Recommended Calcium Intake By Age

Age Group	Daily Calcium Needs
1-3 years	700mg
4-8 years	1000mg
9-18 years	1,300mg

Food		Serving Size	Calcium Content, mg
Almonds *if allowed		1 ounce (23 nuts)	80
Amaranth grain	(cooked)	½ cup	60
Beans	(cooked)	½ cup	40-95
<i>(baked, great northern, navy, pinto, white)</i>			
Blackstrap molasses		1 Tablespoon	170
Breakfast cereal	(calcium fortified)	¾ - 1 cup	100
Bread		1 slice	20-40
Broccoli		½ cup	
	(raw)		20
	(cooked)		30
Elecare® Jr	(prepared 30 cal/oz)	1 cup	280
Figs	(dried)	5 medium	155
Green leafy vegetables	(cooked)	½ cup	50-100
<i>(bok choy, collard greens, dandelion greens, kale, mustard greens, turnip greens)</i>			
Hummus		½ cup	60
Juice	(calcium fortified)	1 cup	200-300
Milk alternative	(calcium fortified)	1 cup	200-300
Neocate Junior	(prepared 30 cal/oz)	1 cup	270
Oatmeal	(instant, fortified)	1 packet	100-150
Oysters *if allowed	(cooked)	½ cup	70
Orange		1 medium	60
Salmon *if allowed	(canned with bones)	3 ounce	180
Shrimp *if allowed	(cooked)	½ cup	50
Tahini		2 Tablespoons	130
Teff	(cooked)	½ cup	60
Tofu *if allowed	(firm, calcium added)	½ cup	200
Yogurt alternative	(calcium fortified)	1 cup	300

Supplements

A supplement may be recommended if a child does not consume enough calcium-rich foods. The child's doctor or dietitian will provide information on the proper dosage of calcium and vitamin D, if recommend. Calcium supplements are better absorbed when taken with food and less than 500 milligrams at a time. Because manufacturers may change ingredients at any time, it is important to check the label at each purchase to ensure the product is free of allergens.

When shopping for a calcium supplement, it is important to check the label for the following:

- **USP™ (<http://www.usp.org>) or CL® (www.consumerlab.com) symbol**
These symbols indicate that the supplement has passed the United States Pharmacopeia or Consumerlab verification process for content, purity and good manufacturing practices.
- **Amount of elemental calcium**
Elemental calcium is the amount of pure calcium in the supplement.
- **Avoid supplements made from unrefined oyster shell, bone meal or dolomite that do not contain the USP symbol.**
These supplements may contain high levels of lead or other heavy metals.
- **Check ingredients for potential allergens.**

Supplement Examples

	Dose	Calcium	Vitamin D
TUMS			
Regular	1 tab	200mg	
Extra Strength	1 tab	300mg	
Kids	1 tab	300mg	
Ultra	1 tab	400mg	

* TUMS Smoothies contain milk, soy and gluten.

TUMS are not certified by USP but are commonly used in the healthcare setting.

Nature Made	1 tab	500 mg	200 IU
Kirkland Signature	1 tab	600mg	400 IU
Hero Yummi Bears	3 gummies	375mg	300 IU
Calcium carbonate by Roxane laboratories	5 ml	500mg	

*available at CHOC's outpatient pharmacy