

Calculate Your Calcium Intake

Foods Containing Calcium	Serving Size	Number Servings Per Day	Foods Containing Calcium	Serving Size	Number Servings Per Day
<p><u>400 mg Calcium</u></p> <p>Yogurt (plain, nonfat, low fat) 1 cup _____</p> <p>Evaporated skim milk ½ cup _____</p> <p>Nonfat dry milk powder ¼ cup _____</p> <p>Mackerel, canned 5 oz _____</p> <p>Sardines in oil 4 oz _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total servings x 400 = _____ mg</p>			<p><u>150 mg Calcium</u></p> <p>Oatmeal (instant) 1 packet _____</p> <p>Bok choy 1 cup _____</p> <p>Rhubarb (frozen cooked with sugar) ½ cup _____</p> <p>Nachos with cheese & beans 4 _____</p> <p>Pizza, cheese 1 slice _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total Servings x 150 = _____ mg</p>		
<p><u>300 mg Calcium</u></p> <p>Milk (nonfat, low fat, lactose-reduced whole, goat's milk) 1 cup _____</p> <p>Grated parmesan cheese 1 oz _____</p> <p>Macaroni and cheese ¾ cup _____</p> <p>Ricotta cheese (part-skim, nonfat) ½ cup _____</p> <p>Swiss and Gruyere cheese 1 ½ oz _____</p> <p>Collard greens (frozen, cooked) 1 cup _____</p> <p>Salmon (baked, broiled) 6 oz _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total servings x 300 = _____ mg</p>			<p><u>100 mg Calcium</u></p> <p>Soybeans (cooked) 1 cup _____</p> <p>Turnip greens (frozen, cooked) ½ cup _____</p> <p>Almonds (shelled) 1 ½ oz _____</p> <p>Ice cream, ice milk, Frozen yogurt ½ cup _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total servings x 100 = _____ mg</p>		
<p><u>200 mg Calcium</u></p> <p>Figs 10 (dried) 1 _____</p> <p>Tofu 1 cup _____</p> <p>Burrito (chicken or beef with cheese & beans) 1 _____</p> <p>Enchilada with cheese & beans 1 _____</p> <p>Lasagna 2 ½" x 4" pc _____</p> <p>Oysters (raw) 6 _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total servings x 200 = _____ mg</p>			<p><u>50 mg Calcium</u></p> <p>Orange juice 6 oz _____</p> <p>Broccoli ½ cup _____</p> <p>Kale, mustard greens (frozen, cooked) ½ cup _____</p> <p>Baked beans ½ cup _____</p> <p>English muffin 1 _____</p> <p>Cottage cheese ½ cup _____</p> <p>Oatmeal muffin 1 medium _____</p> <p>Orange 1 medium _____</p> <p>Pita 1 small _____</p> <p>Sweet roll 1 _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total servings x 50 = _____ mg</p>		
			<p><u>25 mg Calcium</u></p> <p>Refried beans ½ cup _____</p> <p>Raisins ½ cup _____</p> <p>Whole wheat or white bread 1 slice _____</p> <p>Egg (hard boiled) 1 _____</p> <p>Tortilla chips 10 _____</p> <p style="text-align: right;">Total servings _____</p> <p style="text-align: right;">Total servings x 25 = _____ mg</p>		

If a menopausal woman's total score is less than 1,500 mg, it is important to increase her daily calcium intake. If a woman has not yet reached menopause or is taking estrogen, her daily calcium intake should be 1,000 mg/day.

Sum of Milligram Scores

Total Daily Intake _____ mg