

Did You Know...?

the calcium content of foods



Below are portion sizes for foods that contain approximately 300 mg of calcium. Eating 300 mg of calcium four times each day can help you consume your DRI for this important mineral.

Do you want to stay strong and keep a winning smile? If so, you need calcium to keep both your bones and your teeth in great shape. To meet your calcium requirements, the following Dietary Reference Intakes (DRI) are recommended:

- Adolescents and Young Adults (9 to 18 years old) - 1,300 mg/day
- Adults (19 to 50 years old) - 1,000 mg/day
- Senior Adults (50+ years old) - 1,200 mg/day



Calcium Fortified
Hot Cocoa (1 packet)



Calcium Fortified
Breakfast Cereal (1 cup)



Nonfat Dry Milk
Powder (5 tbsp)



Calcium Fortified
Orange Juice (1 cup)



Cheese (1 1/2 ounce)



Soy Milk (1 cup)



Dried, Uncooked Figs (1 cup)



Yogurt (3/4 cup)

Sources: USDA Nutrient Database for Standard Reference and Bowes and Church.