

# Calcium - Good for your Heart!

## HOW MUCH DO YOU NEED?

Age group	Adequate Intake (mg)	# cups per day
Children 1-3	500 mg/day	1 ½
Children 4-8	800 mg/day	2
Children 9-18	1300 mg/day	3
Adults 19-50	1000 mg/day	3
Adults 50 +	1200 mg/day	3

## What does calcium have to do with your heart?

- helps control blood pressure
- helps with muscle and nerve contraction
- helps with blood clotting
- also helps to maintain strong bones and teeth

## What counts as a 1 cup serving?

- 1 cup milk (skim, low-fat)
- 1 cup yogurt (low-fat, nonfat)
- 1 ½ oz low-fat cheese
- 1/2 cup evaporated milk (skim)
- 1/3 cup low-fat shredded cheese
- 2 cups low-fat cottage cheese

## Food Sources of Calcium

MILK GROUP	CALCIUM	VEGETABLE GROUP	CALCIUM
Skim milk, 1 cup	306 mg	Collard greens, 1 cup cooked	357 mg
1% milk, 1 cup	290 mg	Spinach, 1 cup cooked	243 mg
2% milk, 1 cup	285 mg	Turnip greens, 1 cup cooked	249 mg
Chocolate milk (low fat 1%), 1 cup	288 mg	Kale, 1 cup cooked	179 mg
Evaporated milk (skim), ½ cup	371 mg	Okra, 1 cup cooked	177 mg
Lactose free milk (skim), 1 cup	306 mg	Broccoli, 1 cup cooked	95 mg
Cheddar cheese, 1½ oz	307 mg		
Cheddar cheese (low fat), 1/3 cup shredded	155 mg	FRUIT GROUP	CALCIUM
Mozzarella cheese (part skim), 1½ oz	333 mg	Calcium fortified orange juice, 8 oz	300 mg
Reduced fat cottage cheese (1%), 2 cups	304 mg	Figs, 4 dried	124 mg
Plain nonfat yogurt, 1 cup	488 mg		
Fat free fruit flavored yogurt, 1 cup	372 mg	GRAIN GROUP	CALCIUM
		Instant oatmeal, 3 oz packet	100 mg
		Instant oatmeal, 3 oz packet prepared with 2/3 cup skim milk	305 mg
NON-DAIRY GROUP	CALCIUM	OTHER FOODS	CALCIUM
Plain soy milk (fortified), 1 cup	326 mg	Latte (prepared with skim milk and without added sweetened syrups), 16oz	450 mg
Rice milk (fortified), 1 cup	300 mg	Chocolate pudding (prepared with skim milk), 1 cup	307 mg
Soy cheese, 3/4 oz	200 mg	Rice pudding (prepared with skim milk), 3/4 cup	200 mg
Soy yogurt, 1 cup	309 mg	Clam Chowder (prepared with low fat milk), 1 cup	184 mg
MEAT AND BEAN GROUP	CALCIUM		
Salmon, canned with bones, 3oz	184 mg		
Sardines, canned, 3oz	325 mg		
Black eyed peas, 1 cup cooked	210 mg		
Great northern beans, 1 cup cooked	158 mg		
Soybeans, 1 cup cooked	184 mg		
Tofu, 3oz	111 mg		
Almonds, 1/4 cup raw	88 mg		
Tahini, sesame paste, 2 Tbsp	136 mg		
Sesame seeds, 1oz	273 mg		

**Healthy Tip:** On the nutrition facts label, look for foods that list 30% daily value (DV) of calcium or more per serving.