

# Calcium for Healthy Bones

Calcium keeps your bones strong and teeth healthy and helps your heart, muscles, and nerves work properly. Everyone needs enough calcium for their health.

## How much calcium is needed each day?

- **Babies up to 12 months:** 200-260 mg (from breast milk or infant formula)
- **1 to 3 years old:** 700 mg
- **4 to 8 years old:** 1,000 mg
- **9 to 18 years old:** 1,300 mg
- **19 to 70 years old:** 1,000 mg (including pregnant or breastfeeding females)
- **51 years and older females:** 1,200mg
- **71 years and older:** 1,200mg

If you have osteoporosis (a disease that makes bones weak and easy to break), ask a doctor or dietitian how much calcium you need.



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Eat these foods for calcium each day. Read nutrition labels to see how much calcium is in the food. Ask your doctor or dietitian to learn more.

## about 300 mg of calcium



1 cup (8 ounces) low-fat or fat-free milk or soy milk with added calcium



1 can (3.75 ounces) sardines with bones



6 ounces plain or low-fat yogurt



1 ounce mozzarella, cheddar, or American cheese



5 ounces tofu with added calcium

## about 150 mg of calcium



1 cup (8 ounces) boiled green soybeans (edamame)



3 ounces canned salmon with bones



1 cup (8 ounces) dry black-eyed peas



1 cup (8 ounces) cooked bok choy



½ cup (4 ounces) almonds

## about 75 mg of calcium



1 orange (about 1 cup)



1 cup (8 ounces) cooked kale



1 cup (8 ounces) cooked broccoli

**Note:** Images above do not reflect listed serving sizes.

For information on various health topics, please visit [www.cbwchc.org](http://www.cbwchc.org) and click on "Health Resources".