



ARE YOU GETTING ENOUGH CALCIUM?*

I. Calculate your daily Calcium intake (food sources)

	<u>No. of servings</u>	<u>Calcium mg per serving</u>	<u>Total Calcium per food</u>
Milk, cow's milk (8 oz)	_____	X 300	= _____ mg
Yogurt (8 oz)	_____	X 300-400	= _____ mg
Cheese (1 oz)	_____	X 200	= _____ mg
Ice cream (1/2 cup)	_____	X 100-150	= _____ mg
Calcium-fortified orange juice (8 oz)	_____	X 300	= _____ mg
Other Calcium-fortified juices (8oz)	_____	X 100	= _____ mg
Calcium-fortified cereal (1 serving) (<u>Total</u> Cereal, <u>Total</u> Corn Flakes, <u>Total</u> Raisin Bran, <u>Total</u> Whole Grain, <u>Total</u> Brown Sugar & Oat)	_____	X 1000	= _____ mg
(A) TOTAL CALCIUM (FOOD):			+ _____ mg

II. List any calcium (mg) you obtain daily from supplements

(B) TOTAL CALCIUM FROM SUPPLEMENTS: + _____
mg

III. Total (A) and (B)

MY TOTAL DAILY CALIUM INTAKE IS: _____mg

GOAL: 1,200 mg/day for women

1,500 mg/day if pregnant, nursing, or postmenopausal and not taking hormone
replacement therapy

*This worksheet has been designed as a quick way to *approximate* your Calcium intake. For simplification, only major sources of Calcium have been included.