

**SOUTHWESTERN**  
 THE UNIVERSITY OF TEXAS  
 SOUTHWESTERN MEDICAL CENTER  
 AT DALLAS

Department of Otolaryngology-Head and Neck Surgery

## Food Sources of Calcium and Vitamin D

### What is calcium?

Calcium is one of the many minerals that you need to be healthy. Calcium is very important to ensure strong, healthy bones and teeth. It also helps muscles and nerves to work properly. In addition, calcium may also help you to control your weight and blood pressure and may play a role in preventing colon cancer.

### How much calcium do you need?

#### Recommended Calcium Intake<sup>1,4</sup>

<u>Age (Male and Female)</u>	
0-6 months	210 mg/day <sup>2</sup>
7-12 months	270 mg/day <sup>2</sup>
1-3 years	500 mg/day
4-8 years	800 mg/day
9-19 years	1300 mg/day <sup>3</sup>
19-50 years	1000 mg/day <sup>3</sup>
Over 50 years	1200 mg/day

<sup>1</sup> Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride, 1997.

<sup>2</sup> Breastfeeding is the best way to meet your infant's calcium needs. For infants who cannot be breastfed, infant formula can meet their calcium needs.

<sup>3</sup> No additional calcium intake recommended during pregnancy and breastfeeding.

<sup>4</sup> People with osteoporosis may need more calcium. Check with your doctor or dietitian.

### What foods contain calcium?

Dairy foods are very high in calcium, especially milk, yogurt and cheese. Other good sources include calcium-enriched fruit juices, rice beverages, and soy beverages. For more ideas about where to find calcium in foods, look at the Food Sources of Calcium list on the other side of this page.

### What is Vitamin D?

Vitamin D helps your body to absorb calcium. There are only a few food sources of vitamin D.

Good sources of vitamin D are fortified foods and beverages like milk, soy drinks, and margarine (check the labels on these foods). Fish, liver, and egg yolk are the only foods that naturally contain vitamin D. If you do not eat vitamin D rich foods often, you may want to consider taking a vitamin D supplement. Most multiple vitamin supplements contain vitamin D.

#### Food Sources of Vitamin D

Food	Serving	Vitamin D
Milk	1 cup	100 IU
Fortified rice or soy beverage	1 cup	100 IU
Fortified margarine	2 tsp	56 IU
Salmon, canned, pink	3 oz	530 IU
Tuna, canned, light	3 oz	200 IU

*For more information about amounts of Vitamin D in foods, contact Dial-A-Dietitian at 1-800-667-3438 or 604-732-9191*

#### Recommended Vitamin D Intake<sup>1,3</sup>

<u>Age (Male and Female)</u>	
0-50 years	200 IU/day <sup>2</sup>
51-70 years	400 IU/day
Over 70 years	600 IU/day

<sup>1</sup> Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride, 1997.

<sup>2</sup> No additional vitamin D intake recommended during pregnancy and breastfeeding.

<sup>3</sup> People with osteoporosis may need more vitamin D. Check with your doctor or dietitian.

### What if you don't eat dairy foods?

Every day, choose a variety of foods from the Food Sources of Calcium list on the reverse side of this page. Plan your food choices carefully. If you find it difficult to get the recommended amounts of calcium and vitamin D from foods, a combination of food sources and supplements is recommended.

## Food Sources of Calcium (milligrams)

Dairy Foods			Non Dairy Drinks		
	Portion	Mg		Portion	Mg
Milk w/added Calcium	1 cup	420	Calcium enriched fruit juice	1 cup	300
Milk whole 2%, 1% skim	1 cup	300	Fortified rice beverage	1 cup	300*
Yogurt, low fat, plain	¼ cup	300	Fortified soy beverage	1 cup	300**
Cheese, processed slices	2 slices	265	Regular soy beverage	1 cup	20
Yogurt, fruit bottom	¼ cup	250			
Processed cheese spread	3 Tbsp.	250	<b>Grains</b>		
Cheese, hard	1 oz.	240	Amaranth, raw	¼ cup	150
Milk, evaporated	¼ cup	165	Whole wheat flour	1 cup	40
Cottage cheese	¼ cup	120			
Frozen Yogurt, soft serve	¼ cup	100	<b>Other</b>		
Ice Cream	¼ cup	85	Brown Sugar	1 cup	180
			Blackstrap molasses	1 Tbsp	170
<b>Beans and Bean Products</b>			Regular molasses	1 Tbsp	40
Soy cheese substitute	1 oz	0-200	<b>Asian Foods</b>		
Tofu, firm made with Calcium sulphate	3 ¼ oz	125	Sea cucumber, fresh	3 oz	285
White beans	¼ cup	100	Soy bean curd slab spiced, semisoft	3 oz	265
Navy beans	¼ cup	60	Shrimp, small, dried	1 oz	167
Black turtle beans	¼ cup	50	Dried fish, smelt	2 Tbsp	140
Pinto beans, chickpeas	¼ cup	40	Seaweed, dry (hikiki)***	10 gram	140
			Seaweed, dry (agar)	10 gram	76
<b>Nuts and Seeds</b>			Lily flower, dried	¼ cup	70
Almonds, dry roast	¼ cup	95	Soy bean milk film		
Whole sesame seeds (black or white)	1 Tbsp.	90	Stick shape	3 oz	69
Tahini (sesame seed butter)	1 Tbsp.	63	Fat-choy, dried	¼ cup	50
Brazil, hazelnuts	¼ cup	55	Oyster, dried	3	45
Almond butter	1 Tbsp.	43	Soy bean milk film, dried	3 oz	43
			Bolled bone soup	¼ cup	negligible
<b>Meats, Fish and Poultry</b>			<b>Native Foods</b>		
Sardines, canned	3 ½ oz or 8 med	370	Oolichan, salted, cooked	3 oz	210
Salmon, canned with bones	3 oz	180	Fish head soup	1 cup	150
Oysters, canned	½ cup	60	Indian Ice cream (whipped soapberries)	¼ cup	130
Shrimp, canned	½ cup	40			
<b>Vegetables (all measures for cooked vegetables)</b>					
Turnip greens	¼ cup	95			
Okra, frozen	¼ cup	75			
Chinese cabbage/bok choy	¼ cup	75			
Kale	¼ cup	50			
Mustard greens	¼ cup	44			
Chinese broccoli (gai lan)	¼ cup	40			
Rutabaga	¼ cup	40			
Broccoli	¼ cup	35			
<b>Fruit</b>					
Orange	1 med	55			
Dried figs	2 med	54			

\* Calcium bioavailability not known

\*\* Calcium from fortified soy beverages is not as well absorbed as calcium from cow's milk. 1 cup of fortified soy beverage should be counted as 180 mg of calcium, not 300. This is important if you rely on fortified soy beverages as your main calcium source.

\*\*\* Laver, nori, and wakame seaweeds are low in calcium.

For more nutrition information, call Dial-A-Dietician at 604-732-9191 or 1-800-667-3438

For health information call your local public health unit or family doctor, or call the 24-hour BC NurseLine to speak to a registered nurse.

Within greater Vancouver 604-215-4700  
 Within BC, call toll-free 1-800-215-4700  
 Deaf & hearing impaired 1-866-889-4700