

Calcium

Our bodies need calcium for our ...

- bones and teeth to be strong
- muscles to contract
- heart to beat
- blood to clot
- nerves to send messages
- blood pressure to stay in control

Calcium offers protection against osteoporosis and may also help prevent some types of cancer. Some research shows that calcium can help with weight loss.

How much calcium do we need?

- Most adults need 1000 milligrams (mg) of calcium each day.
- For those over 50, the goal is 1200 mg of calcium per day (about 2 cups of lowfat milk, 1 cup of yogurt, and 1½ ounces of cheese).

Good sources of calcium:

- Lowfat dairy products
- Deep green vegetables (broccoli, kale, collard greens, etc.)
- Calcium-fortified foods such as breads, cereals, and 100% fruit juice



Read the Nutrition Facts Label for calcium. Look at the % Daily Value. Add a zero to the percent given. Example: 30% DV = 300 mg calcium

What about supplements?

For most people, supplements and calcium-fortified foods are meant to add to (not replace) foods that naturally have calcium. Too much calcium may affect your body's ability to absorb other important nutrients (iron, zinc). You should talk with your healthcare provider about any supplements.

