

# Healthy Eating: CALCIUM<sup>1</sup>

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## Why is calcium important?



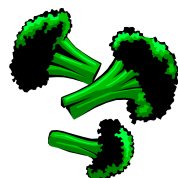
Calcium is the major mineral found in our bones and teeth. Many older adults don't get enough calcium from the foods they eat. This can lead to bone loss and the bone disease **osteoporosis**. Osteoporosis puts people at a high risk for bone fractures.

## Good sources of calcium!

Food	Calcium (mg/serving)
Yogurt, low-fat, fruit, 1 cup	345
Soy milk, 1 cup, (fortified)	300
Milk, low-fat, 1 cup	290
Sardines, 3 ounces	300
Fortified orange juice, ¾ cup	200
Kale, frozen, cooked ½ cup	90
Broccoli, cooked, ½ cup	50
Kidney beans, cooked, ½ cup	30
(mg = milligrams)	

## What foods contain calcium?

- Dairy products (milk, yogurt, cheese, and ice cream)
- Kale and many other greens
- Romaine lettuce
- Broccoli
- Legumes, like kidney beans and lentils
- Tofu
- Nuts



## How much calcium do I need?

The recommended intake for men and women 51 years of age and older is **1,200 milligrams** (mg) of calcium every day.

If you are not getting enough calcium from foods, you may need to take a calcium supplement. Talk to your doctor or dietitian for more information.

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