



Do you know how much calcium you are getting every day?

Calcium is essential to bone health. According to Osteoporosis Canada, adults 19 to 50 years of age should receive 1000 mg of elemental calcium each day (from their diet and supplements). Women who are pregnant or breast-feeding (aged 18 years or older) should also receive 1000 mg. For adults over 50 years of age, Osteoporosis Canada recommends 1500 mg of elemental calcium each day.¹

A variety of foods are rich in calcium. Dairy products such as milk, cheese and yogurt are excellent sources because they contain high amounts of calcium that can be easily absorbed by the body. Soy milk or goat's milk are good alternatives and provide similar amounts of calcium as cow's milk. Some vegetables, fish and meat alternatives such as beans also contain calcium.

How much calcium are you getting each day? Use the calcium calculator below to find out. Enter the number of portions of each food that you eat daily in column "A", then multiply by the amount of calcium indicated for that food in column "B". Total up the results to see if you get enough calcium from the food you eat. If you are not meeting your daily requirement, talk to your health-care professional about other options.

Calcium Content of Some Common Foods	Portion	Number of Portions per Day "A"	Calcium (mg) "B"	Total Amount of Calcium (mg)
MILK AND MILK PRODUCTS				
Cheese — Cheddar	2.54 cm (cube)		124	
Cheese — Cottage (2%)	250 mL		164	
Cheese — Gruyere	2.54 cm (cube)		152	
Cheese — Mozzarella (partially skimmed)	250 mL (diced)		1020	
Cheese — Swiss (Emmenthal)	2.54 cm (cube)		144	
Goat's Milk — Whole	250 mL		344	
Milk — 2%	250 mL		314	
Milk 2% — Chocolate	250 mL		300	
Milk 3.25% — Whole	250 mL		308	
Milk — Skim	250 mL		319	
Milk — Soy (liquid)	250 mL		319	
Yogurt — Drink	250 mL		274	
Yogurt — Frozen	250 mL		294	
Yogurt — Plain (1%-2%)	250 mL		474	
Yogurt — Stirred fruit	250 mL		357	
FISH AND OTHER FOODS				
Almonds — Blanched, oil roasted and salted	25 almonds		57	
Salmon — Pink, canned with bones	250 mL (drained)		348	
Sardines — Atlantic, canned in oil with bones	250 mL (drained)		601	
Sesame seeds — Whole and dehydrated	15 mL		89	
Tofu — Firm, prepared with calcium sulphate	4.5 x 4 x 4 cm		547	
BREADS AND CEREALS				
Bread — Whole wheat	1 slice		20	
English muffin — Wheat	1 muffin		101	
FRUITS AND VEGETABLES				
Broccoli — Boiled	250 mL (chopped)		92	
Figs — Dried, uncooked	5		135	
Orange from Florida — Uncooked	250 mL (in pieces)		84	
DAILY TOTALS				

Adapted from Brault Dubuc M and Caron Lahaie L²

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References:

1. Brown JP et al. 2002 Clinical practice guidelines for the diagnosis and management of osteoporosis in Canada. *Can Med Assoc J* 2002;167(Suppl 10):S1-S34.
2. Brault Dubuc M and Caron Lahaie L. Valeur nutritive des aliments. Société Brault-Lahaie, 2003, 9^e ed.:331.

For additional copies of this calculator sheet or to find out more about osteoporosis, please visit our website at www.merckfrosst.com

