

Worksheet to Estimate Your Total Daily Calcium Intake

Step 1. Estimate the Calcium in the Foods You Eat in a Usual Day

The amounts of calcium in foods vary depending on the brands you buy. It is important to read labels. The food label does not list calcium in milligrams (mg). Instead, the label lists calcium in each serving as Calcium % (Calcium as a Percent Daily Value or %DV).

Finding the Calcium (mg per serving) from Calcium% is as Easy as 1, 2, 3:

1. Find the serving size: For example: One serving of low fat cheese is 1 ounce.
2. Read the %Calcium per serving. For example: 1 serving contain 20% Calcium.
3. Simply drop the % and replace with a "0" to find the mg calcium per serving.
 For example: 20% Calcium = 200 mg calcium,
 Other examples: 30% Calcium = 300 mg calcium, 100% Calcium = 1000 mg calcium.

For the foods listed below, fill in the number of servings you eat on a usual day.

Foods#	Servings per Day	Calcium (mg per serving)	Calcium (mg per day)
Milk Most milk contains Calcium 30% DV per serving, One serving = 8 ounces fat-free (skim), low fat (1%), reduced fat (2%), whole, lactose-reduced, chocolate milk, buttermilk or goat milk. Include the amount of milk used in cooking and added to soups, puddings, cereals, and other foods.	_____	X 300	_____
Yogurt Most yogurts contain Calcium 20% to 35% DV per serving. One serving is usually 6 ounces.	_____	X 200 to 350	+ _____
Cheese and Mixed Cheese Dishes Most cheeses contain Calcium 20% DV. One serving = 1 ounce, 1 slice or 1 ½ inch cube cheese, ¼ cup ricotta cheese, ½ cup fortified cottage cheese, 1 cup mixed cheese dishes (macaroni and cheese, cheese soufflé, lasagna, manicotti, ziti, or quiche), or 1 slice pizza.	_____	X 200	+ _____
Calcium Fortified Beverages Most calcium fortified beverages contain Calcium 10% to 35% DV per serving. One serving = 8 ounces of beverages with added calcium. Include fortified almond, coconut, rice, and soy beverages, and some juices.	_____	X 100 to 350	+ _____
Calcium Fortified Foods Most calcium fortified foods contain Calcium 10% to 100% DV per serving. Serving sizes vary. Foods include some cereals, granola bars, pastas, rice, breads, and other foods.	_____	X 100 to 1000	+ _____
Calcium from Other Foods 250 mg is the typical calcium intake from other foods with smaller amounts of calcium per serving.			+ 250

Estimated Daily Calcium in the Foods You Eat = (Add all the above) = _____

Step 2. Know How Much Calcium You Need Each Day

Recommended Daily Calcium Intakes

- For strong bones for life, you need the recommended daily calcium intake. The amount of calcium you need each day depends on your age and gender as listed on the table below.
- In rare cases, some people with medical conditions or who take certain medications need slightly more calcium than listed below. Be sure to speak to your healthcare provider to find out if your medical conditions or medications increase your calcium needs.

	Children			Men		Women	
	1-3	4-8	9-18	19 -70	71 and older	19 -50	51 and older
Calcium (mg)	700	1000	1300	1000	1200	1000	1200

Step 3. Calculate Calcium Needed (from Food Alone) to Meet Your Recommendations

Take Your Recommended Daily Calcium Intake (from Step 2) _____ mg

Minus Your Estimated Daily Calcium in the Foods You Eat (from Step 1) - _____ mg

Equals Calcium Needed = _____ mg

- Food is the best source of calcium. If you consume less calcium than recommended, first try to eat more calcium rich foods each day before considering a supplement.
- Your body uses calcium best in amounts of 600 mg or less at one time of the day. It is best to spread out the calcium you eat by choosing a calcium rich food at each meal or snack.
- If you select foods that are highly fortified, it is wise to eat smaller serving sizes. For example, if a serving of food contains Calcium 100% (or 1000 mg of Calcium), it would be best to eat a half-serving (or 500 mg) at one time.
- If you get the recommended amount of calcium from the foods you eat each day, you do not need a calcium supplement.
- Supplements should only be used when you have difficulty getting enough calcium from food alone.
- If you are considering a calcium supplement, speak to your healthcare provider to help you select the amount and type of calcium that is right for you. It is important to know that some antacids and medications contain calcium, so check with your pharmacist or healthcare provider to find out.

Estimating Your Total Daily Calcium Intake (If You Need to Take Supplements, Vitamins, Antacids and/or Other Medications Containing Calcium)

Take Your Estimated Daily Calcium in the Foods You Eat (from Step 1) _____ mg

Add Calcium from Calcium Supplements + _____ mg

Add Calcium Intake from Vitamins + _____ mg

Add Calcium from Antacids or Other Medications + _____ mg

Equals **Estimated Total Daily Calcium Intake (Add 1+2+3+4)** = _____ mg