



Worksheet to Estimate Your Total Daily Calcium Intake

Step 1. Know How Much Calcium You Need Each Day

For strong bones for life, you need the recommended daily calcium intake. You will find your recommended daily calcium intake on the chart below, listed according to your age and gender.

Your Age	Your daily Calcium requirement (milligrams=mg)
Birth to 12 months	Supplied by formula or breast milk
1-3 years	700mg*
4-8years	1000mg*
9-18years	1300mg*
Men 19-70 years Women 19-50 years	1000mg*
Women 51-70years and Men & women 71+_	1200mg*

***Recommended Dietary Allowances, Institute of Medicine, 2010**

Rarely, people with medical conditions, or those who take certain medications, need slightly more calcium than listed above. Be sure to speak to your health care provider to find out if your medical conditions or medications increase your calcium needs.

Step 2. Estimate the Calcium in the Foods You Eat in a Usual Day

The amount of calcium in foods varies depending on the brands you buy. It is important to read labels. The food label can either list calcium in milligrams (mg) or as percent daily value (%DV). If your food labels state calcium content in milligrams per serving, you can simply add those values to find out how much calcium you consume daily.

If your food labels state calcium content in percent daily value (%DV), drop the % and replace with a "0" to find the mg calcium per serving. For example: 20% calcium=200mg calcium.

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

Foods	Servings per day (fill 1, 2 & 3 in table)	Calcium (mg per serving)	Calcium (mg per day)
Milk : 30% daily value per serving	1.	Multiply number of servings by 300	= _____ mg +
Yogurt: 20 to 35% daily value per serving	2.	Multiply number of servings by 200 to 350	= _____ mg +
½ cup broccoli or ½ cup most dried beans: 50mg per serving	3.	Multiply number of servings by 50	= _____ mg +
Calcium intake from other foods per day: 250mg	--	--	= <u>250 mg</u> +
--	--	Total estimated daily calcium intake in the foods you eat	Total= _____ mg

Step 3. Calculate Calcium Needed to Meet Your Recommendations

For strong bones for life, you need the recommended daily calcium intake. You will find your recommended daily calcium intake on the chart below, listed according to your age and gender.

Take Your Recommended Daily Calcium Intake (from Step 1) _____ mg

Minus Your Estimated Daily Calcium in the Foods You Eat (from Step 2) — _____ 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 to get the calcium you need each day.
- 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.
- More calcium is not better. If you get the recommended amount of calcium from the foods you eat each day, you do not need a calcium supplement. Supplements should be taken only when you have difficulty getting enough calcium from food alone.
- If you are considering a calcium supplement, speak to your health care provider to help you select the amount and type of calcium that is right for you.

Step 4. Estimating Your Total Daily Calcium Intake (If You Take Supplements)

1. Estimated Daily Calcium in the Foods You Eat (from Step 2) _____ mg
2. Calcium from Calcium Supplements _____ mg
3. Calcium from Vitamins _____ mg
4. Estimated Total Daily Calcium Intake (Add 1+2+3) _____ mg