

Calcium Handout

Pediatric Bone Health Program

Background: Calcium is an essential mineral for bone health. Studies suggest that many children are not getting enough calcium from their diets. **We believe that the best source of calcium is from foods;** however your doctor may recommend additional calcium supplements. Use this handout to better understand how to optimize your child's calcium

Calcium Needs Depend on Age !	
Age	You Need This Much Calcium Every Day
< 6 months	200 mg
6 months –1 year	260 mg
1-3 years	700 mg
4-8 years	1000 mg
9-18 years	1300 mg
> 18 years	1000 mg

Amount of Calcium in Common Foods	
Food (serving)	Calcium (mg)
Milk (1 cup)	300 mg
Yogurt (6 oz)	300 mg
Cheese (1 oz or 1 inch cube)	200 mg
Orange Juice with Calcium (1 cup)	300 mg
Orange (1 medium orange)	70 mg
Kale, Broccoli, other Greens (1 cup)	80 mg
Almonds (1 oz)	75 mg
Cooked White Beans (1 cup)	100 mg
Low Fat Frozen Yogurt (1/2 cup)	100 mg

Understanding Calcium Supplements Is Tricky.

Your doctor may recommend a calcium supplement. He will recommend a dose of **elemental calcium** (which is different from total calcium). You will need to look at the label on the back of the bottle to know how much elemental calcium is provided per

Elemental Calcium in Supplements:

- **Tums Regular Strength:** 200 mg per tablet
- **Tums Extra Strength:** 300 mg per tablet
- **Tums Ultra Strength:** 400 mg per tablet
- **Calcium Carbonate Suspension:** 100 mg per mL
- **Viactiv Calcium + D:** 500 mg elemental calcium + 500 IU vitamin D per chew



Did you know **google** will tell you how much calcium is in common foods? Type "Milk (or any food) = calcium" into the search bar – Try It!!

Questions? Call Us! Dr. David Weber & Katherine Ippolito, RD, CDE
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