

Calcium — Are You Getting Enough?

| Age Group | Suggested Daily Calcium intake | Adults |
|---|--------------------------------|--|
| Infants (Birth to 6 months) | 210 milligrams | Women (31 to 50 years) 1,000 milligrams |
| (7 months to 1 year) | 270 milligrams | Men (31 to 50 years) 1,000 milligrams |
| Children (1 to 3 years) | 500 milligrams | Postmenopausal Women on estrogen 1,200 milligrams |
| 4 to 8 years) | 800 milligrams | Postmenopausal Women not on estrogen 1,500 milligrams |
| Teens and Young Adults (9 to 18 years) | 1,300 milligrams | Men and Women (51 years and older) 1,200 milligrams |
| | | Pregnant/Lactating Women 1,200 milligrams |

*National Institutes of Health

Calcium — Where you'll Find It.

| Amount of calcium in milligrams (approx.) intake | | Fish |
|--|-----|---|
| Milk | | Sardines with bones, 3 ounces 370 |
| Milk (skim), 8 ounces | 302 | Canned salmon with bones, 3 ounces 180 |
| Milk (whole), 8 ounces | 291 | Vegetables |
| Low-fat chocolate milk, 8 ounces | 287 | Collards (frozen, chopped), 1 cup 357 |
| Buttermilk, 8 ounces | 285 | Turnip greens (cooked, frozen), 1 cup 200 |
| Breast milk, 8 ounces | 79 | Kale (frozen, chopped), 1 cup 179 |
| Yogurt | | Broccoli (cooked), 1 cup 178 |
| Nonfat yogurt, 8 ounces | 452 | Okra (cooked), 1 cup 176 |
| Low-fat yogurt, 8 ounces | 415 | Dandelion greens (chopped, cooked), 1 cup 147 |
| Low-fat yogurt, 8 ounces | 314 | Mustard greens (chopped, cooked), 1 cup 103 |
| Frozen yogurt, ½ cup | 90 | Other |
| Cheese | | Vegetable lasagna, 1 piece 450 |
| Goat cheese (hard), 1 ounce | 254 | Calcium-fortified orange juice, 1 cup 300 |
| Part-skim mozzarella, 1 ounce | 183 | Cheese pizza, 1 slice 290 |
| American cheese, 1 ounce | 174 | Chocolate pudding, ½ cup 161 |
| Low-fat cottage cheese, 1 cup | 155 | Rice Pudding, ½ cup 152 |
| Feta cheese, 1 ounce | 140 | Vanilla soft-service ice cream, ½ cup 113 |
| Grated Parmesan cheese, tablespoon | 69 | Chocolate soft-serve ice cream, ½ cup 106 |
| | | Vanilla ice cream, ½ cup 85 |

* Source: USDA

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Getting enough Calcium?

Simply fill out this questionnaire and either have your healthcare provider professional tally up your calcium you're getting in your diet.

Also, see the reverse side for ways to boost your daily calcium intake. Remember, it is always important to talk to your healthcare professional about your individual calcium needs.

Name: _____

Sex: F___ M___ Age_____

1. On average, how many 8oz. glasses of milk (whole milk, reduced-fat milk, skim milk or lactose-free milk) do you drink?
___ less than one glass per day ___ 1 glass per day
___ 2 glasses per day ___ more
2. On average, how often do you eat a serving (1/2 cup, cooked) of deep-green vegetables (broccoli, kale collard greens, ect.)?
___ daily ___ 3X a week
___ weekly ___ never
3. On average, how often do you eat a serving (1oz) of hard cheese (Parmesan, Cheddar, Swiss, ext)?
___ daily ___ 3X a week
___ weekly ___ never
4. On average, how often do you eat a serving (cup) of yogurt?
___ daily ___ 3X a week
___ weekly ___ never
5. On average, how often do you eat a serving (1/2 cup: approximately 1 large scoop) premium or low-fat ice cream?
___ daily ___ 3X a week
___ weekly ___ never
6. Do you eat any calcium-fortified foods such as cereals, juice, cottage cheese or breakfast bars?
___ daily ___ 3X a week
___ weekly ___ never
7. On average, how often do you eat a serving (3oz) of canned salmon or sardines (including bones)?
___ daily ___ 3X a week
___ weekly ___ never
8. How many alcoholic beverages do you have in an average day?*(
one alcoholic beverage equals: 5oz of wine, 12 oz of beer, 1.5 oz of hard liquor)
Wine: ___1 ___2 ___more Beer: ___1 ___2 ___more
Liquor: ___1 ___2 ___more
9. What medications do you currently take?

10. Do you take any multivitamin supplements? _____Yes _____No
11. Do you take a calcium supplement? _____Yes _____No
If yes, what type? _____ No. tabs/day_____

