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# Calcium

Calcium is a mineral that is essential for the proper development and maintenance of bones and teeth, transmission of nerve impulses, blood clotting, and muscle contraction.

Low calcium intake over many years can lead to various bone diseases such as osteoporosis, osteomalacia, and rickets. Vitamin D (formed in the body by interaction of the skin and the sun's rays) improves the absorption of calcium.

Protect your bones by getting enough sunshine and calcium rich foods!

## Calcium Rich Foods:

- Dairy products – choose fat free or lowfat milk, yogurt, or cheese
- Canned fish with bones – such as sardines and salmon
- Soybean curd or tofu (firm tofu contains more calcium than soft tofu)
- Dark green leafy vegetables – such as broccoli, bok choy, spinach, gailan, and choy sum
- Seaweed, wood ear, and dried bok choy
- Almonds and sesame seeds
- Calcium enriched soymilk
- Calcium fortified juices

## Calcium content of common foods

<u>ITEM</u>	<u>AMOUNT</u>	<u>Calcium (mg)</u>
Milk or calcium enriched soymilk	8 oz.	300
Yogurt	8 oz.	350
Cheese	1 oz.	204
Salmon, canned (with bones)	3 oz.	370
Sardines, canned (with bones)	3 oz.	250
Tofu (firm)	4 oz.	150
Broccoli	1 cup	136
Spinach	1 cup	167
Seaweed, dried	½ oz.	125
Almonds	½ cup	150

## Daily Calcium Requirement (mg)

Children (1-3 yrs. old)	500
(4-8 yrs. old)	800
(9-18 yrs. old)	1300
Adult (19-50 yrs. old)	1000
Adult (over 50 yrs. old)	1200
Pregnant or breastfeeding women	1000
Post-menopause women (not on estrogen)	1500