



associated
Obstetrics & Gynecology
caring for women

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Calcium Counter

Recommended Intake: At least 1500mg of Elemental Calcium & 1000IU of Vitamin D Every Day.

Estimating Your Daily Calcium Rate

Glasses of Milk (8oz)	_____	x300mg	=	_____
Servings of Yogurt (8oz)	_____	x300mg	=	_____
Ounces of Cheese (8oz)	_____	x200mg	=	_____
Orange Juice w/calcium (8oz)	_____	x300 mg	=	_____
General Diet, Excluding Sources Above				250mg
Additional Calcium Supplement	_____		=	_____

Your Daily Elemental Calcium Intake

= _____

Calcium Supplements

Type/Brand Name	Elemental Calcium (mg)
<u>Calcium Carbonate</u>	
Tums/TumsEX	200mg or 300mg
Tums Ultra/Tums 500	400mg or 500 mg
Alka Mints	340 mg
Caltrate	600 mg
Caltrate 600 + D	600mg/400 IU Vit D
Os-Cal 500	500mg
Os-Cal D	500mg/400 IU Vit D
Viactiv	500mg/200 IU Vit D
<u>Calcium Citrate</u>	
Citracal	200 mg
Citrical Liquitab	500mg
Citracal & D	315 mg/400 IU Vit D
Centrum Silver	200mg/400 IU Vit D

Major Food Sources of Calcium

Serving Size	Food	Calcium (mg)
1 Cup	Plain Yogurt/Fat Free	450
1 Cup	Yogurt, Fruit, Low Fat	315
8 oz	Milk, (Fat Free ,Low Fat, Whole)	302
8 oz	Calcium Fortified Orange Juice	300
1 oz	Swiss Cheese	204
1 oz	Colby Cheese	194
1 oz	American Cheese	174
1 Cup	Cottage Cheese	155
1 Slice	Cheese Pizza	220
6	Sardines	250
10	Dried Figs	269
1/2 Cup	Tofu Made w/ Calcium	260
3	Medium Pancakes	235
2	Burritos w/ Beans & Cheese	221
1/2 Cup	Macaroni & Cheese	180
1 Cup	Almonds	332
1 Cup	Collard Greens Boiled	148
1 Cup	Kale Cooked	179
1 Cup	Broccoli	94
1 Cup	Kidney Beans Canned	69
10 fl oz	Vanilla Shake	334
1 Cup	Vanilla Ice Cream	170
5 oz	Tapioca Pudding	119

The National Osteoporosis Foundation suggests 500mg of calcium or less at any one time. They have found that divided doses throughout the day provides better absorption and delivers calcium more effectively in the body.