

Healthy Eating: CALCIUM¹

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Why is calcium important?

Calcium is the major mineral found in our bones and teeth. Many older adults don't get enough calcium from the foods they eat. This can lead to bone loss and the bone disease **osteoporosis**. Osteoporosis puts people at a high risk for bone fractures.



What foods contain calcium?

- Dairy foods (milk, yogurt, cheese, and ice cream)
- Kale and many other greens
- Romaine lettuce
- Broccoli
- Legumes, like kidney beans and lentils
- Tofu
- Nuts



Good sources of calcium!

Food	Calcium (mg/serving)
Tofu, raw, firm, ½ cup, (fortified with calcium)	860
Yogurt, lowfat, fruit, 1 cup	300-400
Milk, lowfat, 1 cup	300
Fortified orange juice, ¾ cup	200
Kale, frozen, cooked 1 cup	90
Broccoli, cooked, ½ cup	45
Kidney beans, cooked, ½ cup	30

How much calcium do I need?

The new recommended intake for men and women 51 years of age and older is **1,200 milligrams (mg)** of calcium every day.

If you are not getting enough calcium from foods, you may need to take a calcium supplement. Talk to your doctor or dietitian for more information.

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