



CALCIUM SUPPLEMENTATION

Recommended daily allowance (RDA) for calcium:

AGE	MALE	FEMALE	PREGNANT	LACTATING
0-6 MONTHS	200	200		
7- 12 MONTHS	300	300		
1-3 Y.O.	500	500		
4-8 Y.O.	800	800		
9-13 Y.O.	1300	1300		
14-18 Y.O.	1300	1300	1300	1300
19-50 Y.O.	1000	1000	1000	1000
50+ Y.O.	1200	1200		

*Postmenopausal women, 1500 milligrams of calcium per day.

*The total daily amount of calcium should not exceed 2,500mg.

Sources of Calcium

1. Tums/Antacid calcium supplement: 500mg tablet provides 200mg calcium



2. Foods that are rich in calcium:

- Dairy products (milk, cheese, yogurt, ice cream, etc.)
- Salmon, oysters, sardines and shrimp
- Leafy greens and broccoli
- Almonds
- Beans and tofu



3. Other foods that come in calcium fortified forms:

- Orange juice
- Margarine
- Soymilk

