



Calcium Counter

Estimating Your Daily Calcium Intake

The Sports Medicine Institute for Young Athletes recommends at least 1,300 mg of elemental calcium and 400 IU of vitamin D every day.

Estimating Your Daily Calcium Intake	
Glasses of Milk (8 oz) _____ x 300 mg = _____ mg	
Servings of Yogurt (8 oz) _____ x 300 mg = _____ mg	
Ounces of Cheese _____ x 200 mg = _____ mg	
Orange Juice With Calcium (8 oz) _____ x 300 mg = _____ mg	
General Diet (excluding sources above) = 250 mg	
Additional Calcium Supplements = _____ mg	
Your Daily Elemental Calcium Intake = _____ mg	

Calcium Supplements	
Type/Brand Name	Elemental Calcium (mg)
Calcium Carbonate	
Tums/Tums EX	200 or 300
Tums Ultra/Tums 500	400 or 500
Alka Mints	340
Caltrate 600	600
Caltrate 600+D	600 mg/400 IU Vitamin D
Os-Cal 500	500
Os-Cal D	500 mg/200 IU Vitamin D
Viactiv	500 mg/100 IU Vitamin D
Calcium Citrate	
Citracal	200
Citracal Liquitab	500
Citracal	315 mg/200 IU Vitamin D

**US Department of Agriculture
Top 25 Major Food Sources of Calcium**

Serving Size	Food	Amount of Calcium (mg)
1 cup	Yogurt, plain, low fat	415
1 cup	Yogurt, fruit, low fat	314
1 cup	Skim Milk	302
1 cup	2% Milk	291
1 oz	Swiss Cheese	272
1 oz	Cheddar Cheese	204
1 oz	Colby Cheese	194
1 oz	American Cheese	174
1 cup	Cottage Cheese	155
1	English Muffin	103
1 cup	Sardines, in oil, drained	351
3 oz	Perch, cooked	117
1 cup	Tofu	260
1½ cup	Chef Salad	235
1	Taco	221
1 large	Plain Hamburger, with bun	74
1 cup	Almonds	332
1 cup	Collards, cooked	357
1 cup	Broccoli, cooked	94
1 cup	Kidney Beans, canned	69
10 fl oz	Vanilla Shake	344
1 cup	Vanilla Ice Cream	170
5 oz	Tapioca Pudding	119