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CALCIUM for STRONG & HEALTHY BONES

Children and adults need foods with calcium and weight-bearing physical activity every day.

Recommended Daily Allowance for Calcium in Women:

Ages 9-18.....1300mg, Ages 19-50.....1000mg, Ages 51-64.....1500mg, Over age 64.....1500mg
Pregnant or breast-feeding women.....1500 mg, Ages 50-64 if taking estrogen.....1200mg

Calcium Content of Some Common Foods

	serving size	milligrams
Plain, fat-free yogurt	1 cup	450
Grilled cheese sandwich	1 sandwich	371
American cheese	2 ounces	348
Ricotta cheese, part skim	½ cup	337
Fruit yogurt	1 cup	315
Cheddar cheese	1 ½ ounces	305
Milk (fat free or low fat)	1 cup	300
Orange juice with added calcium	1 cup	300
Mozzarella cheese, pt skim,	1 ounce	207
Tofu (with calcium sulfate)	½ cup	204
Waffle, homemade with milk, 7in	1	191
Macaroni and cheese	½ cup	180
Collards, frozen, boiled	½ cup	179
English muffin, whole wheat	1	175
Pudding made with milk	½ cup	147-160
Cheese pizza	1 slice	111-147
Collards, boiled	½ cup	118
Frozen yogurt (fat free or low fat)	½ cup	105
Broccoli	1 cup	90
Kale, boiled	½ cup	90
Seeds, sesame seeds, whole, dried	1 Tab.	88
Ice cream	½ cup	84
Bok choy	½ cup	80
Cottage cheese, 2%	½ cup	78
Almonds, dry roasted	1 ounce	71
White bread	2 slices	70
Cottage cheese, 1%	½ cup	69
French toast made with milk	1 slice	65

For healthy bones and to prevent Osteoporosis:

1. Eat enough calcium through food or vitamin supplements. Include 400 i.u. of Vitamin D (the amount found in most multivitamins) to help absorb calcium.
2. Quit smoking, avoid alcohol, and caffeine; these cause calcium loss.
3. Do weight-bearing exercise (walking, jogging, dancing, weight-lifting) for 20 minutes three or more times each week. Walking is the simplest and safest method of building and maintaining healthy bones.

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