



## Low-fat dairy or Calcium Rich Alternatives

Low-fat milk, cheese, yogurt and calcium rich alternatives are encouraged daily.

## Why is calcium necessary for your body?

This mineral is used for:

- Building healthy teeth and bone, especially in children and adolescents.
- Maintaining lifelong bone density to reduce the risk of osteoporosis
- Supporting in muscle contraction

## Sources of calcium?

- Calcium fortified juices or milk alternatives like soy, rice, almond, coconut, hemp etc. Choose those that provide at least 20–30% calcium per serving on the nutrition facts label.
- Milk, yogurt (1 cup)
- Cheese (1½ oz.)
- Dark leafy vegetables (1 cup collard greens, turnip greens)
- Sardines and salmon with bones (3 oz.)
- Blackstrap molasses (2 tbsp.)
- Broccoli, kale, bok choy, Swiss chard (1 cup)
- Sesame seeds (4 tbsp.)
- Figs (10)

## Daily calcium intake recommendations:

500 –1300 mg/day based on age, or 3 –4 servings per day. (Note: for 2 –4 year-olds it is half the serving size of an adult.)

Group	WHO <sup>1</sup> (mg/day)	DGA No. of Servings Per Day
1–3 years	500	4 (½-cup) servings
4–6 years	600	2 (1 cup) servings
7–9 years	700	2–3 (1 cup) servings
Ado escents		
10–18 years	1300	3–4 servings
Adu ts		
Females		
19 yrs–menopause	1000	3 servings
Post-menopause	1300	3–4 servings
Males		
19–65 years	1000	3 servings
65+ years	1300	4 servings
Pregnant women	1200	3 ½ servings
Breastfeeding women	1000	3 servings

<sup>1</sup>World Health Organization (WHO); 2010 Dietary Guidelines for Americans (DGA)

## What happens if I get too much?

- Iron anemia in toddlers and preschoolers

## What happens if I do not get enough?

- Weakened bones and teeth
- Muscle cramps