

Calcium in the diet

- Calcium is an important mineral for bone health and development.
- Dairy products (milk, cheese, yogurt, butter) are the most common sources of calcium in the average American's diet. Over the age of 2, children don't need more than 2 servings of dairy per day.
- Later in life, low calcium levels can lead to low bone density (osteoporosis) and increased risk of fractures.
- If not consuming dairy, pay particular attention to calcium rich foods, and aim for the recommended amount per day, based on your child's age

Age	Amount of Calcium Per Day
0 to 6 months	200 mg
7 to 12 months	260 mg
1 to 3 years	700 mg
4 to 8 years	1000 mg
9 to 18 years	1300 mg

(American Academy of Pediatrics, healthychildren.org)

Food source	Amount	Calcium (mg)
Milk	1 cup	300
Cottage Cheese	1 cup	65 mg
Soy milk, calcium fortified	1 cup	250 mg
Yogurt	1 cup	450 mg
Hard cheese (cheddar, jack)	1 oz	200 mg
Mozzarella	1 oz	200 mg
Parmesan	1 oz	70 mg
Swiss	1 oz	270 mg
Arugula, raw	1 cup	125 mg
Broccoli, cooked	1 cup	180 mg
Spinach, cooked	1 cup	240 mg
Chard, cooked	1 cup	100 mg
Figs, dried, uncooked	1 cup	300 mg
Garbanzo beans	1 cup	80 mg
Soybeans	0.5 cup	100 mg
White beans	0.5 cup	70 mg
Pinto beans	1 cup	75 mg
Tofu, firm, calcium set	4 oz	250 to 750 mg
Tofu, soft, regular	4 oz	120 to 390 mg
Calcium fortified cereal	0.5 to 1 cup	250 to 1000 mg
Calcium fortified bread	1 slice	150 to 200 mg
Brown rice	1 cup	50 mg
Sesame seeds	1 oz	280 mg
Almonds	1 oz	80 mg
Sesame tahini	2 Tbsp	130 mg
Canned salmon, with bones	3 oz	170 to 210 mg
Molasses, blackstrap	1 Tbsp	135 mg

- Calcium fortified alternative nut milks may be a good alternative, but try to avoid low calorie milks, or milks with carrageenan. Try to choose organic, non GMO (genetically modified) alternative milks to avoid exposure to pesticides.
- Bone health also relies on:
 - vitamin D3 (found in sunlight, some dairy products and supplementation)
 - magnesium (found in nuts, seeds, leafy green veggies, dairy products and soy beans),
 - physical activity (increased play time = stronger bones). Goal is 1 hour of sweaty play time per day
 - fiber rich foods (vegetables and fruits, whole grains)
- We recommend organic food sources when possible, to limit exposure to pesticides.
- Try to choose non-GMO (genetically modified) soy products
- Grass fed dairy products are nutrient-dense than non grass-fed dairy products. We recommend whole fat dairy products without added sugar.