

"Calcium | Vit D |"



Leading with Innovation  
Serving with Compassion

ST. MICHAEL'S HOSPITAL  
A teaching hospital affiliated with the University of Toronto

## Aiming for a Higher Calcium Diet

To maintain strong bones, preserve bone mass and reduce your risk of fractures, you should aim for **1000-1500 mg of elemental calcium every day**. Try using some of these high calcium foods to match the goal.

Vitamin D is also essential to build strong bones. In Canada, particularly during the winter months, many people do not get enough Vitamin D. Vitamin D is found in most multiple vitamin pills. You may purchase it as vitamin D alone. We do not encourage halibut and cod liver oil capsules.

**We recommend that you take:**

800 IU – 1000 IU Vitamin D

\* "Drops" 1000 IU / day  
take w/

Dairy Sources of Calcium	Serving Size	Calcium (mg)
Milk Fluid (skim, 1%, 2%, homo)	1 cup/250ml	300
Calcium fortified Milk	1 cup/250ml	400+
Buttermilk, chocolate milk	1 cup/250ml	285
Evaporated milk	½ cup/125ml	350
Carnation Instant Breakfast	1 packet	230
Carnation Instant Breakfast with 1c. Milk	1 packet	540
Horlicks Beverage Mix	1.5 TBSP/25ml	110
Horlicks Beverage Mix with 1c. Milk	1.5 TBSP/25ml	410
Skim milk powder	3 TBSP/50ml	155
Ice cream	½ cup/250ml	80
Light Sour Cream	1 TBSP/15ml	30
Light Sour Cream	½ cup/125ml	240
Sour Cream	1 TBSP/15ml	15
Plain Yogurt	¾ cup/175ml	300
Fruit Yogurt	¾ cup/175ml	250
Swiss Cheese (1" x 1" x 3")	1 ¾ oz/50g	480
Light Cheddar Cheese (1" x 1" x 3")	1 ¾ oz/50g	385
Cheddar Cheese (1" x 1" x 3")	1 ¾ oz/50g	360
Grated Parmesan Cheese	1 TBSP/15ml	85
Cream Cheese	1 TBSP/15ml	12
Ricotta Cheese	½ cup/125ml	255
Light Ricotta Cheese	½ cup/125ml	335
Cottage Cheese	½ cup/125ml	75

↓  
fatty food  
like →  
piece of  
→ cheese  
→ spoonful of  
nut butter

\*\* calculate your dietary calcium intake @ :

[www.Osteoporosis.ca](http://www.Osteoporosis.ca), calcium calculator

<u>Non-Dairy Sources of Calcium</u>	<u>Serving Size</u>	<u>Calcium (mg)</u>
Calcium fortified Orange Juices		
Tropicana Calcium & Vitamin C Orange Juice (made with calcium citrate)	1 cup/250ml	300+
Minute Maid Calcium Orange Juice	1 cup/250ml	300+
President's Choice Orange Juice with Calcium (made with calcium lactate-lactose free)		
Canned Salmon, including bones,	7 ½ oz/213g can	225
Sardines, including bones, 8 small	1 ½ oz/45g	165
Soybeans, canned or boiled	1 cup/250ml	175
Soybeans, roasted	1 cup/250ml	235
Soymilk fortified	1 cup/250ml	300
Soy flour	1 cup/250ml	240
Tofu, firm, made with calcium sulfate	½ cup/125ml	260
Tofu, regular, made with calcium sulfate	½ cup/125ml	130
DariFree Non Dairy Beverage	1 cup/250ml	275
Baked Beans	1 cup/250ml	150
Navy Beans	1 cup/250ml	125
Black Beans	1 cup/250ml	102
Blackstrap Molasses	2 TBSP/30ml	280
Fancy Molasses	2 TBSP/30ml	70
Almonds	½ cup/125ml	190
Hazelnuts	½ cup/125ml	130
Figs, chopped	½ cup/125ml	120
Currants	½ cup/125ml	60
Orange	1 medium	50
Bok Choy, cooked	½ cup/125ml	80
Broccoli, cooked	½ cup/125ml	35
Kale, cooked	½ cup/125ml	80
Rutabaga	½ cup/125ml	57

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calcium  
fortified.  
Almond  
milk