

CALCIUM CALCULATOR

How many times per week do you have an average serving of these foods:

_____ Milk, 8 oz.	_____ Broccoli, 1 cup
_____ Cheese, 1 oz.	_____ Cottage cheese, 1 cup
_____ Yogurt, 1 cup	_____ Calcium fortified juice, 8 oz.
_____ Ice cream, 1 cup	_____ Turnip / collard greens, 1 cup cooked
_____ Soy milk with calcium added, 1 cup	_____ Mustard greens, 1 cup

You can multiply the total number of servings of these foods by 300 mg each and divide by seven days to find your daily dietary calcium intake.

Dietary calcium	_____	mgs
Calcium supplement	_____	mgs
Calcium in your vitamin	_____	mgs
YOUR TOTAL CALCIUM	_____	mgs

- ★ 1200 mgs of calcium is recommended daily unless your doctor specifies more or less.
- ★ Divide doses, your body can only absorb about 500 to 600 mgs of calcium at one time.
- ★ Take calcium supplements with food for best absorption.
- ★ Vitamin D allows calcium to be absorbed. The recommendation is 400 to 800 I.U. daily unless directed otherwise by your healthcare professional.
- ★ Discuss your calcium and Vitamin D needs with your healthcare professional before starting any supplements.

VITAMIN D

Vitamin D in your supplement	_____	I.U.
Vitamin D in most multivitamins	400	I.U.
YOUR TOTAL VITAMIN D	_____	I.U.



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