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## Calcium Factsheet

Recommended calcium intakes for women:

- **9-18 years:** 1,300 mg
- **19-50 years:** 1,000 mg
- **50+ years:** 1,200 mg

**Source:** Food and Nutrition Board (FNB) at the Institute of Medicine of the National Academies

### Good food sources of calcium

Source	Calcium (mg)	Magnesium (mg)	Protein (grams)
Sardines (1 cup)	569	58	37
Yogurt, low-fat (1 cup)	447	--	13
Collards (1 cup, boiled)	358	52	4
Oatmeal, instant (2 packets)	326	70	8
Skim milk (1 cup)	306	--	8
Milk, 2% (1 cup)	297	--	8
Figs (10 medium, dried)	269	111	2.5
Tofu (1/2 cup)	258	118	10
Orange juice, calcium-fortified (1 cup)	270	--	--
Soybeans (1 cup, boiled)	175	148	22
White beans (1 cup, boiled)	161	113	17
Mustard greens (1 cup, boiled)	150	20	3
Broccoli (1 cup, boiled)	94	38	4
Kale (1 cup, boiled)	94	24	2
Chick peas (1 cup, canned)	80	78	12

**Sources:** *Bowes and Church's Food Values of Portions Commonly Used* by Jean A.T. Pennington; The George Mateljan Foundation for The World's Healthiest Foods (whfoods.org)