

CALCIUM

Major Functions

Calcium is the most abundant, essential mineral in the human body. Calcium is needed to form bones and teeth and is also required for blood clotting, transmission of signals in nerve cells, and muscle contraction.

Recommended Dosages

For ages 19 to 50, calcium intake is recommended to be 1,000 mg daily; for adults over age 51, the recommendation is 1,200 mg daily. The most common supplemental amount for adults is 800–1,000 mg per day.

Complimentary Nutrients

Vitamins A, C, D, k, Iron, Magnesium, Phosphorus, Manganese, Amino Acid Lysine

Calcium Sources		
Cheese(Mozzarella)	3oz	621 mg
(Cheddar)	"	612 mg
Turnip greens, cooked	1 c	492 mg
Lambs quarters (cooked)	1 c	400 mg
Sardines, with bones	3 oz	372 mg
Collard greens, cooked	1 c	357 mg
Rhubarb, cooked	1 c	348 mg
Yogurt	1 c	345 mg
Fortified Rice & Almond Milk	1 c	300 mg
Spinach, cooked	1 c	276 mg
Oatmeal, fortified	1 c	208 mg
Rice milk, fortified	1 c	200 mg
Salmon, canned w/ bones	3.5 oz	185 mg
Tofu, firm	2/3 c	190 mg
Broccoli, cooked	1 c	170 mg
Soy milk, fortified	1 c	167 mg
Cheese, cottage	1 c	155 mg
Dandelion greens, cooked	1 c	147 mg
Molasses, black strap	1 T	137 mg
Almonds	¼ c	92 mg
Kale, cooked	1 c	47 mg
Tahini	2 T	42 mg
Chick peas	3 T	33 mg