

## Calcium Recommendations From AAPediatrics 2006

### Recommendations for Adequate Dietary Calcium Intake in the United States<sup>4</sup>

Age	Calcium Intake, mg/d (mmol/d)
0–6 mo <sup>a</sup>	210 (5.3)
7–12 mo <sup>b</sup>	270 (6.8)
1–3 y	500 (12.5)
4–8 y	800 (20.0)
9–18 y	1300 (32.5)
19–50 y	1000 (25)
50 to >70 y	1200 (30)

The Food and Nutrition Board of the NAS released recommended dietary allowances for calcium in 1997. The term "adequate intake" was applied to calcium recommendations. Application of the adequate intake is similar to that of the recommended dietary allowance. The American Academy of Pediatrics recommends that the NAS guidelines should be the primary guidelines used.

<sup>a</sup> The 1997 NAS report used data based on younger infants (0–6 months) who are fed human milk exclusively.

<sup>b</sup> The 1997 NAS report was based on the assumption that older infants (6 months to 1 y) would be consuming a diet of human milk and solid foods, which would be similar to that of formula-fed infants at this age.

**TABLE 2** Approximate Calcium Contents of 1 Serving of Some Common Foods That Are Good Sources of Calcium

Food	Serving Size	Calcium Content, mg	No. of Servings to Equal Calcium Content in 1 Cup of Low-Fat Milk
<b>Dairy foods</b>			
Whole milk	1 cup (244 g)	246	1.0
Low-fat (1%) milk	1 cup (244 g)	264	—
Nonfat milk	1 cup (245 g)	223	1.2
Yogurt, nonfat, fruit variety	6 oz (170 g)	258	1.0
Frozen yogurt, vanilla, soft serve	1/2 cup (72 g)	103	2.6
Cheese	1 1-oz slice (28 g)	202	1.3
Cheese, pasteurized, processed	1 3/4-oz slice (21 g)	144	1.8
Cheese, ricotta, part skim milk	1/2 cup (124 g)	337	0.7
<b>Nondairy foods</b>			

Salmon, sockeye canned, drained, with bones	3 oz (85 g)	203	1.3
Tofu, firm, prepared with calcium sulfate and magnesium chloride	1/2 cup (126 g)	204	1.3
White beans, cooked, boiled	1 cup (179 g)	161	1.6
Broccoli, cooked	1 cup, chopped (156 g)	62	4.3
Collards, cooked, boiled, drained	1 cup, chopped (190 g)	266	1.0
Baked beans, canned	1 cup (253 g)	127	2.1
Tomatoes, canned, stewed	1 cup (255 g)	87	3.0
Foods fortified with calcium			
Calcium-fortified orange juice	1 cup (240 mL)	300	0.9
Selected fortified breakfast cereals	3/4–1 cup (30 g)	100	2.6
Instant oatmeal, fortified, plain, prepared with water	1/2 cup (117 g)	65	4.1
English muffin, plain, enriched, with calcium propionate	1 muffin (57 g)	99	2.7
Calcium-fortified soy milk <sup>a</sup>	1 cup (240 mL)	200–500	0.5–1.3

Source: US Department of Agriculture, Agriculture Research Service. US Department of Agriculture Nutrient Data Laboratory. Available at: [www.ars.usda.gov/main/site\\_main.htm?modecode=12354500](http://www.ars.usda.gov/main/site_main.htm?modecode=12354500). Accessed December 21, 2005.

<sup>a</sup> Native soy milk contains 10 mg of calcium per cup (240 mL).