

# How to Get the Calcium You Need

---

Calcium helps keep bones and teeth strong.

How much calcium do you need each day?

Recommended Calcium Intakes*	
Age	Amount mg/day
Birth - 6 months	210
6 months - a year	270
1 - 3	500
4 - 8	800
9 - 13	1300
14 - 18	1300
19 - 30	1000
31 - 50	1000
51 - 70	1200
70 or older	1200
Pregnant & Lactating	
14 - 18	1300
19 - 50	1000

\*Source: National Academy of Sciences (NAS)

How many servings from Milk, Yogurt, & Cheese Group do you need?

The best sources of calcium are foods in the Milk, Yogurt, & Cheese Group. Children and adults should have 2-3 servings a day from the Milk, Yogurt, & Cheese Group. Teens and young adults (11-24 years old) should have four servings a day. Women who are pregnant or nursing should have 3-5 servings a day.

What is a serving?

1 cup milk  
1 cup yogurt  
1 1/2 ounces natural cheese

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability. AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist

November 2002

Publication Number: FDNS-NE 1001