



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