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## **DIET RECOMMENDATIONS FOR CALCIUM IN FOODS:**

Adults ideally should take in 1000mg-1300mg of calcium daily. To get this from food, use this list as a guide:

Fortified Oatmeal	350mg/packet
Sardines in Oil	324mg in 3 oz
Cheddar Cheese (shredded )	306 mg in 1 ½ oz.
Nonfat Milk	302 mg; (1 cup)
Milkshake	300mg (1 cup)
Yogurt (plain)	300mg (1 cup)
Pudding made with 2% milk	153mg (1/2cup)
Cottage Cheese	138mg (1/2 cup)
Soybean, cooked	261mg (1 cup)
Tofu	204mg (1/2 cup)
Baked Beans	142mg (1 cup)
Salmon (canned)	181mg (3 oz)
Cheese Pizza	100mg (1 slice)
Orange Juice (fortified)	200mg (6oz)
Soy Milk	80-500mg
Fortified Waffles	100mg (2 waffles)
Broccoli	90mg (1 cup)
Spaghetti	125mg (1 cup)

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Vitamin D3 (any brand).....1000-2000 units daily to help you absorb the maximum amount of calcium from your diet.