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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)

Calcium supplements can be helpful in trying to obtain appropriate calcium quantities in the diet, but are best used in patients who have definite osteoporosis or bone issues. They are of unclear benefit in any other condition. As for supplements, the two common forms are:

- Calcium Carbonate (Brands....OsCal, TUMS)
- Calcium Citrate (Brands....Citrical)

Calcium Citrate is much better absorbed than Calcium Carbonate and is recommended.

Doses are 250-1500mg daily in divided doses (no more than 500mg at any one time.)

To enhance absorption, 400-1000mg of supplemental Vitamin D can be considered, and this can be from any manufacturer.