



Calcium is an important part of your child's nutritional needs

Calcium RDA's

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|----------------------------|-------------|
| <i>Birth to one year</i> | 600 mg/day |
| <i>One to four years</i> | 800 mg/day |
| <i>Four to ten years</i> | 1000 mg/day |
| <i>Ten years and older</i> | 1200 mg/day |

Calcium content of foods (mg/serving)

| 100+ | 150+ | 200+ | 250+ |
|----------------------------|----------------------------|---------------------|-------------------------------|
| 10 Brazil nuts | 1 cup ice cream | 1 cup beet greens | 1 cup almonds |
| 1 medium stalk broccoli | 1 cup oysters | 1 oz cheddar cheese | 1 oz Swiss or Parmesan cheese |
| 1 cup instant farina | 1 cup cooked rhubarb | | 1 cup cooked collard greens |
| 3 oz canned herring | 3 oz canned salmon w/bones | | 1 cup dandelion greens |
| 1 cup cooked herring | 1 cup cooked spinach | | 4 oz self-rising flour |
| 1 cup cooked kale | | | 1 cup milk |
| 1 tbsp blackstrap molasses | | | 3 oz sardines |
| 3 tbsp light molasses | | | 1 cup cooked turnip greens |
| 1 cup cooked navy beans | | | |
| 1 cup cooked soybeans | | | |
| 1 cup cottage cheese | | | |
| 3.5 oz sunflower seeds | | | |
| 5 tbsp maple syrup | | | |

Some specific examples:

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| <i>Yogurt (lowfat, plain)</i> | 300 mgs/6 oz |
| <i>Milk, whole, 1 cup</i> | 291 mgs |
| <i>Swiss cheese, 1 oz</i> | 272 mgs |
| <i>American cheese, 1 oz</i> | 174 mgs |
| <i>Peanuts, 1 cup</i> | 107 mgs |
| <i>Ice cream, regular, 1 cup</i> | 176 mgs |
| <i>Cottage cheese, 1 cup</i> | 130 mgs |
| <i>Broccoli, 1 medium stalk</i> | 138 mgs |
| <i>Spinach, 1 cup</i> | 167 mgs |
| <i>Egg, one</i> | 28 mgs |
| <i>Beef, Pork, Pultry, 3 oz</i> | 10 mgs |
| <i>Apples, Bananas, 1 medium</i> | 10 mgs |
| <i>Potatoes, 1 medium</i> | 14 mgs |
| <i>Carrots, 1 medium</i> | 27 mgs |
| <i>Lettuce, 1/4 head</i> | 27 mgs |