

### Calcium needs of different age groups

Age group	Amount of calcium to consume daily, in milligrams (mg)
0-6 months	210 mg
7-12 months	270 mg
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1,300 mg
19-50 years	1,000 mg
51-70+ years	1,200 mg

### Calcium and Lactose in Common Foods

Vegetables	Calcium Content	Lactose Content
Calcium-fortified orange juice, 1 cup	308-344 mg	0
Sardines, with edible bones, 3 oz.	270 mg	0
Salmon, canned, with edible bones, 3 oz.	205 mg	0
Soymilk, fortified, 1 cup	200 mg	0
Broccoli (raw), 1 cup	90 mg	0
Orange, 1 medium	50 mg	0
Pinto beans, 1/2 cup	40 mg	0
Tuna, canned, 3 oz.	10 mg	0
Lettuce greens, 1/2 cup	10 mg	0
<b>Dairy Products</b>		
Yogurt, plain, low-fat, 1 cup	415 mg	5 g
Milk, reduced fat, 1 cup	295 mg	11 g
Swiss cheese, 1 oz.	270 mg	1 g
Ice cream, 1/2 cup	85 mg	6 g
Cottage cheese, 1/2 cup	75 mg	2-3 g



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)



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