Women
• Under 50: 1,000 milligrams (mg) of calcium and 400 - 800 international units (IU) of vitamin D.
• 50 and older: 1,200 mg of calcium and 800 - 1,000 IU of vitamin D.

Men
• Under 50: 1,000 mg of calcium and 400-800 IU of vitamin D.
• 50-70: 1,000 mg of calcium and 800-1,000 IU of vitamin D.
• 71 and older: 1,200 mg of calcium and 800-1,000 IU of vitamin D.

*Calcium recommendations include the total daily amount needed from both foods and supplements.

Getting the amount of calcium and vitamin D you need every day can reduce your risk of breaking a bone. Use the chart to the left to find out how much total calcium and vitamin D you need each day.

If you don’t get enough calcium from food, a supplement can help you make up the difference. Calcium supplements are safe when taken in appropriate doses, but don’t take more calcium than you need.

Because it’s difficult to get enough vitamin D from food and sunlight, many people need to take a supplement to reach the recommended daily amount.
<table>
<thead>
<tr>
<th>Produce</th>
<th>(mg)</th>
<th>Dairy Products</th>
<th>(mg)</th>
<th>Fortified Food</th>
<th>(mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collard Greens, frozen, 8 oz</td>
<td>360</td>
<td>Ricotta, part-skim, 4 oz</td>
<td>335</td>
<td>Orange Juice, fortified, 8 oz</td>
<td>300</td>
</tr>
<tr>
<td>Broccoli Rabe, 8 oz</td>
<td>200</td>
<td>Yogurt, plain, low-fat, 6 oz</td>
<td>310</td>
<td>Waffle, frozen, fortified, 2 pieces</td>
<td>200</td>
</tr>
<tr>
<td>Kale, frozen, 8 oz</td>
<td>180</td>
<td>Milk, skim, low-fat, whole 8 oz</td>
<td>300</td>
<td>Oatmeal, fortified, 1 packet</td>
<td>140</td>
</tr>
<tr>
<td>Soy Beans, green, boiled, 8 oz</td>
<td>175</td>
<td>Yogurt with Fruit, low-fat, 6 oz</td>
<td>260</td>
<td>English Muffin, fortified, 1</td>
<td>100</td>
</tr>
<tr>
<td>Bok Choy, cooked, boiled, 8 oz</td>
<td>160</td>
<td>Mozzarella, part-skim, 1 oz</td>
<td>210</td>
<td>Cereal, fortified, 8 oz</td>
<td>100-1,000</td>
</tr>
<tr>
<td>Figs, dried, 2 figs</td>
<td>65</td>
<td>Cheddar, 1 oz</td>
<td>205</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, cooked, 8 oz</td>
<td>60</td>
<td>Yogurt, Greek, 6 oz.</td>
<td>200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oranges, 1 whole</td>
<td>55</td>
<td>American Cheese, 1 oz</td>
<td>195</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Feta Cheese, 1 oz</td>
<td>140</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cottage Cheese, 2%, 4 oz</td>
<td>105</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Frozen Yogurt, vanilla, 4 oz</td>
<td>105</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ice Cream, vanilla, 4 oz</td>
<td>85</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Parmesan, 1 tbsp</td>
<td>55</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seafood</td>
<td></td>
<td>Estimated Calcium*</td>
<td></td>
<td>Estimated Calcium*</td>
<td></td>
</tr>
<tr>
<td>Sardines, canned w/bones, 3 oz</td>
<td>325</td>
<td>* Calcium content listed for most foods is estimated and can vary due to multiple factors.</td>
<td></td>
<td>Estimated Calcium*</td>
<td></td>
</tr>
<tr>
<td>Salmon, canned w/bones, 3 oz</td>
<td>180</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shrimp, canned, 3 oz</td>
<td>125</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Estimated Calcium*

Fold FPO