

Eat Enough Calcium And A Balanced Diet, Too

To get enough calcium for growing bones, each day you need to eat foods whose %Daily Value for calcium adds up to 120 percent. Because the amount of calcium in foods can vary, read the food label and check the %DV for calcium in what you eat.

So your body will have all the other nutrients it needs, too, be sure to eat the recommended number of servings from each group in the Food Guide Pyramid below. As this drawing shows, each group includes foods that provide calcium. The food examples are listed by their serving size and %DV for calcium.

Fats, Oils, and Sweets USE SPARINGLY

Key: ● Fat
▼ Sugars

Fats, Oils and Sweets
milk chocolate 1.5-ounce bar 8%DV

Milk Products

nonfat milk, calcium-fortified	1 cup	40%DV
yogurt	1 cup	35%DV
milk, whole, 2%, 1%, skim	1 cup	30%DV
cheese	1 ounce	20%DV
cheese spread	2 Tbsp.	15%DV
pudding	1/2 cup	10%DV
frozen yogurt	1/2 cup	10%DV
cottage cheese	1/2 cup	6%DV

Milk Products Group 2-3 SERVINGS

Meat and Beans

calcium-processed tofu	3 oz.	60%DV
dry-roasted almonds	1/4 cup	10%DV
scrambled eggs	2 eggs	8%DV
baked beans with sauce	1/2 cup	8%DV
black-eyed peas	1/2 cup	2%DV

Meat and Bean Group 2-3 SERVINGS

Vegetables

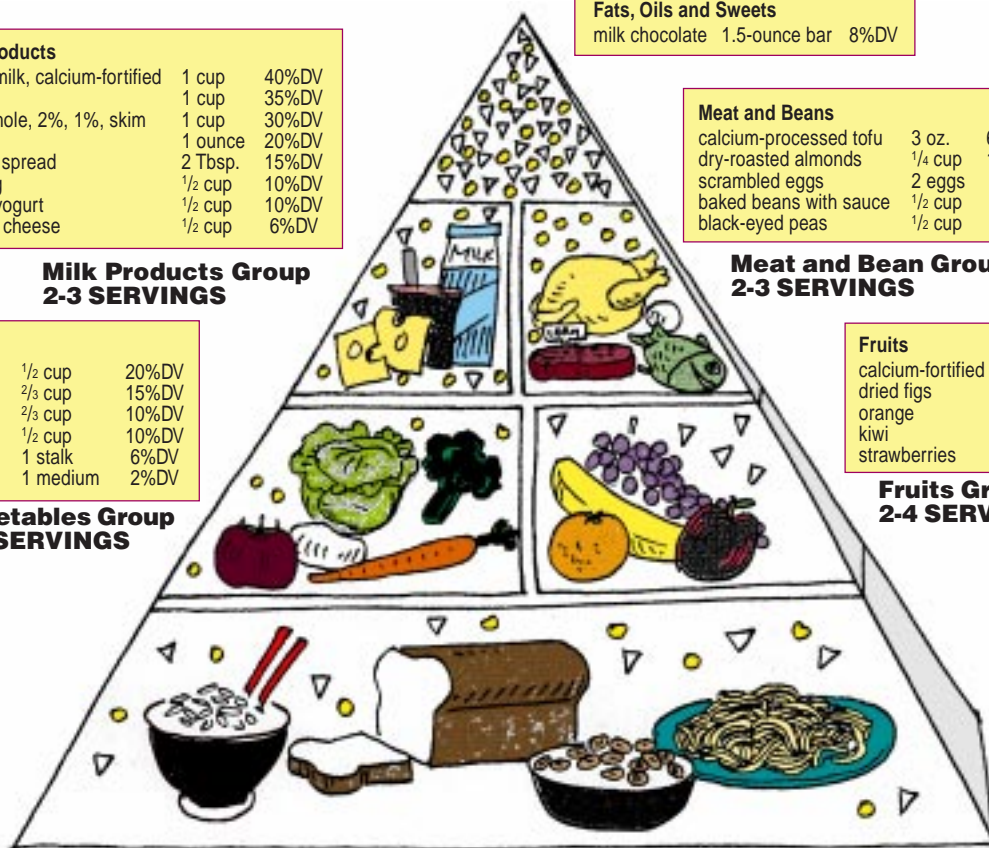
collards	1/2 cup	20%DV
turnip greens	2/3 cup	15%DV
kale	2/3 cup	10%DV
bok choy	1/2 cup	10%DV
broccoli	1 stalk	6%DV
carrot	1 medium	2%DV

Vegetables Group 3-5 SERVINGS

Fruits

calcium-fortified orange juice	1 cup	30%DV
dried figs	2 figs	6%DV
orange	1 orange	4%DV
kiwi	2 kiwis	4%DV
strawberries	8 berries	2%DV

Fruits Group 2-4 SERVINGS



Grain Products Group 6-11 SERVINGS

Mixed Dishes

cheese pizza (12-inch)	1/4 pizza	25%DV
macaroni and cheese	1 cup	25%DV
grilled cheese sandwich	1 sandwich	25%DV
lasagna	1 cup	25%DV
soups prepared with milk	1 cup	15%DV
chili con carne with beans	1 cup	10%DV
taco with cheese	1 taco	10%DV
tuna salad sandwich	1 sandwich	8%DV
chicken noodle soup	1 cup	2%DV

(Pyramid Source: USDA Home and Garden Bulletin 253-1)

Grain Products

waffles (4-inch square)	2 waffles	20%DV
pancakes (5-inch)	3 pancakes	20%DV
calcium-fortified cereal	1 cup	15%DV
calcium-fortified bread	1 slice	8%DV
corn tortilla	3 tortillas	8%DV
bread	1 slice	4%DV

