

A focus on Calcium

Calcium is the most abundant mineral in your body and found mainly in your bones and teeth, where it supports their structure. Calcium is also found throughout your body, where it helps with muscle contraction, heart action, brain and nerve function, and normal blood clotting.

How much calcium should you have on a daily basis?

Age (years)	Calcium (mg/day)
0-6 months	210
7-12 months	270
1-3 years	500
4-8 years	800
9-18 years	1,300
19-50 years	1,000
51+ years	1,200

Note: *The maximum recommended level is 2,500 mg/day for ages 1+; no such level has been determined for infants*

Foods high in calcium:

- Dairy (milk, yogurt, cheese)
- Chinese cabbage
- Kale
- Broccoli

Calcium-fortified foods:

- Fruit juice
- Tofu
- Cereal

It is recommended that adults consume 3 cups of low fat milk or equivalent milk products per day. Calcium supplements recommended under supervision by a doctor may be appropriate for some persons, such as those who have impaired calcium absorption or postmenopausal women.

For more information about healthy diets, contact your health care provider, your Concentra health specialist, or visit the National Institutes of Health's Web site at: www.nlm.nih.gov/medlineplus/ency/article/002412.htm



Concentra⁺
totalcare

Developing a better you.

Concentra.com

