



# TULSA OBGYN ASSOCIATES, INC.

## HOW TO CALCULATE YOUR CALCIUM INTAKE

This calcium calculator is a reference tool to help you determine your approximate daily calcium intake. Follow these easy steps:

Step 1: Read and answer the questions regarding your daily intake of calcium.

Step 2: Multiply your answer and write the total in the space provided.

Step 3: Add the totals to determine your average daily calcium intake.

Step 4: Compare your total to the Suggested Calcium Intake chart.

Questions	Answer	Calculate	TOTAL
On average, how many 8 oz. glasses of low-fat , 1% milk per day?		Answer x 290	
On average, how many servings (1 cup cooked) of spinach per day?		Answer x 291	
On average, how many servings (1 oz) of cheddar cheese per day?		Answer x 204	
On average, how many servings (1 cup) of low-fat yogurt per day?		Answer x 415	
On average, how many servings (1/2 cup) of ice cream per day?		Answer x 85	
On average, how many servings of calcium-fortified juices (orange juice, 1 cup) per day?		Answer x 300	
On average, how many servings (1/2 cup) of almonds per day?		Answer x 280	
<b>YOUR AVERAGE DAILY CALCIUM INTAKE IS</b>			

Suggested Daily Calcium Intake\*

Women 19 – 50 years 1,000mg

Women 51 years and older 1,200mg

Daily Vitamin D Intake\*\*

Women 50 and older 400 - 600 IU

\*Institute of Medicine, Dietary Reference Intakes for calcium

\*\*National Institutes of Health

