



Nutrition Education



Food sources for calcium:

Calcium is commonly found in dairy products such as milk, yogurt, and cheese. Seafood such as salmon and sardines with bones are also high in calcium.² Other sources of calcium are available in legumes, nuts and seeds, grains, and vegetables. Calcium can also be added into foods such as cereal, orange juice and bread.

Foods like spinach, sweet potatoes, collard greens, and beans may affect how calcium is absorbed therefore should be eaten with precaution with high calcium foods.

Got Calcium?

Calcium is important for healthy bones and body maintenance. The best source of calcium are dairy products, but it can also be found in some vegetables and calcium-fortified foods.

Why do we need calcium?

Calcium is an important mineral that keeps bones healthy and helps the body with nerve transmission, muscle function, and hormone secretion.¹ The body does not naturally create calcium, so it is important for people to get it through the food they eat.² Consuming too much calcium can result in kidney problems, while too little calcium can cause weak bones.

How much calcium do we need?

As we age, the body's ability to absorb calcium decreases, which is why it is important to make sure you are getting enough calcium in your diet. Sunlight and foods with vitamin D (naturally or added) will help your body use the calcium you eat.

The recommended dietary allowance (RDA) for calcium varies between men and women in different life stages. The maximum amount that will not be a risk for adults age 51 or older is 2,000 milligram (mg).¹

Recommended Dietary Allowance (RDA) for Calcium¹:

Life Stage Group	Men	Women
19-50 years	1,000 mg	1,000 mg
51-70 years	1,000 mg	1,200 mg
71+ years	1,200 mg	1,200 mg

Sources:

¹ https://nutritionandaging.org/wp-content/uploads/2020/02/Nutrition-Needs_Calcium_FINAL.pdf

² <https://medlineplus.gov/ency/article/002062.htm>

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