

## TENTH STREET PEDIATRIC MEDICAL GROUP, INC.

1450 Tenth Street, Suite 304 • Santa Monica, CA 9040  
(310) 458-1714 • www.tenthstped.com

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### CALCIUM

Most of the calcium in the body is used to make the bones and teeth hard. The remainder is found in the body fluids and is essential for a range of functions, including transmission of nerve impulses, proper blood coagulation, and contraction and relaxation of muscles.

Calcium absorption from the diet is enhanced by the presence of phosphorus and Vitamin D. It is inhibited by excessive protein intake, excessive fat intake, and foods high in oxalic acid. Examples of foods high in oxalic acid are spinach, chard, beet greens, lambs quarters, chocolate, rhubarb, and wheat bran. These foods have a high calcium content, but the calcium is poorly utilized.

#### Recommended Daily Dietary Allowance (RDA)\*

Infants 6 months – 1 year	600 mg
Children 1 year – 10 years	700 – 1000 mg
Adolescents	1200 – 1400 mg
Adults	800 mg
Pregnant women	1200 mg
Lactating women	1300 mg

#### Sources of Calcium \*\*

360 mg	collard leaves, 1 C cooked	230 mg	cottage cheese, 1 C
350 mg	reduced-fat milk, 1 C	220 mg	edamame, 1 oz.
300 mg	buttermilk, 1 C	210 mg	cheddar cheese, 1 oz.
290 mg	whole milk, 1 C	200 mg	kale, 1 cup cooked
280 mg	blackstrap molasses	180 mg	mustard greens, 1 C cooked
270 mg	sesame seed meal, ¼ C	160 mg	broccoli, cooked, 1 stalk
270 mg	yogurt, 1 C	150 mg	okra, cooked, 1 C slices
270 mg	Parmesan cheese, ¼ C grated	150 mg	dandelion greens, 1 C cooked
260 mg	Swiss cheese, 1 oz	130 mg	soybeans, 1 C cooked
250 mg	bok choy, 1 C cooked	100 mg	rutabagas, 1 C cooked

Information from:

\* Food Values of Portions Commonly Used, Bowes and Church. J.B. Lippincott Co., Philadelphia/Toronto, copyright 1970

\*\* Laurel's Kitchen, A Handbook for Vegetarian Cookery and Nutrition. Nilgiri Press. Copyright 1976, pg 492.