

CALCIUM SOURCES IN FOOD

Calcium is a mineral needed for your baby's bones and teeth to develop normally. The dietary reference intake (DRI) value for calcium during pregnancy is 1000 mg daily for adults and 1300 mg daily for teenagers. The following is a list of the calcium content for selected foods.

	<u>Portion Size</u>	<u>Calcium (mg)</u>
<u>Dairy</u>		
Milk, whole, 2%, 1%, skim	1 cup	300
Chocolate milk	1 cup	287
Buttermilk, cultured	1 cup	285
Yogurt, lowfat, plain		

Desserts

Ice cream or ice milk, vanilla	1 cup	176
Sherbet, orange	1 cup	103
Pudding, made with milk from mix	! cup	143
Pudding, ready to eat	3.5 oz	48

Miscellaneous

Tofu, firm, calcium set	! cup	258
Sardines	3 oz.	370
Salmon, canned with bones	3 oz.	170-210
Molasses, blackstrap	1 T	137
Cheese pizza	1 slice	220
Oatmeal, instant packs	1 pkg prepared	163