



NUTRITION

Calcium Fact Sheet

Calcium is important for building bone density during college. When calcium levels in the blood are too low, the body will take calcium from the bones to use for other critical functions. The Daily Value for calcium is 1,000 mg per day.

Non-dairy sources of calcium include:

<i>Food</i>	<i>Amount</i>	<i>Calcium (mg)</i>
Collard greens, cooked	1 cup	357
Blackstrap molasses	2 tbsp	400
Calcium-fortified OJ	8 oz	300
Fortified soy or rice milk	8 oz	200–300
Tofu processed with calcium sulfate	4 oz	200–330

Dairy sources of calcium include:

<i>Food</i>	<i>Amount</i>	<i>Calcium (mg)</i>
Cottage cheese	1 cup	138
Yogurt	1 cup	488
Mozzarella cheese	1 oz	222
Milk	8 oz	285
Ice cream	½ cup	80

Norse nutrition tip!

To get an adequate amount of calcium, aim for three to four cups of rice, soy, or cow's milk per day or its equivalent.

Contact

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