

| Dietary Sources of Calcium | Number of Servings per day | Calcium Content (mg per serving) | Calcium Intake (mg per day) |
|--|----------------------------|----------------------------------|-----------------------------|
| Milk (8 oz) | _____ | X 300 | = _____ |
| Include fat-free, low fat, reduced fat (1 or 2%), whole, lactose-reduced milk, chocolate milk, buttermilk, goat milk, fortified soymilk and fortified rice drink. Include milk used in cooking, creamed soups, cereals, puddings, and other foods. | | | |
| Yogurt (8oz) | _____ | X 350 | = _____ |
| Cheese and Mixed Cheese Dishes | _____ | X 200 | = _____ |
| One serving equals 1 ounce, 1 slice, or 1.5" cube hard cheese, 1/3 cup ricotta cheese or yogurt cheese, 1 cup fortified cottage cheese (not regular cottage cheese), 1 cup mixed cheese dishes (macaroni and cheese, cheese soufflé, lasagna, manicotti, ziti, quiche), 1 slice pizza. | | | |
| Calcium-Fortified Foods: | | | |
| Calcium-Fortified Juice (8oz) | _____ | X 350 | = _____ |
| Calcium-Fortified Cereal, Breakfast Bars, etc* | _____ | X 250 | = _____ |
| One serving of cereal containing 25% DV (Daily Value) for calcium, 2 fortified waffles or 1 fortified cereal bar. | | | |
| Calcium from other dietary sources | | | + 250 |
| (Note: 250 mg is the average calcium intake from non-dairy, non-fortified foods). | | | |
| Estimated Daily Dietary Calcium in Your Diet = (Add all the above) | | | = _____ |
| *The calcium content (mg per serving) may vary from 10% to 100% of the calcium DV, depending upon the brand and the amount of calcium added. Be sure to read food labels. | | | |