the center
For Naturopathic Medicine & Functional Nutrition

Calcium

Calcium is the most abundant mineral in the body that helps keep our bones and teeth strong. Our bodies require a certain amount of calcium every day and if we don't get enough, our bodies will start taking it from our bones—which weakens them over time. Calcium also plays an important role in regulating other bodily functions such as blood pressure, muscle contractions, nerve transmissions, heart rhythm regulation, and even blood clotting.

Health Benefits

Supports healthy bones: Calcium is essential for bone health, and its benefits extend beyond simply building strong bones and teeth. It helps with the absorption of minerals into the bones, playing a crucial role in maintaining proper bone mineral density. This mineral density helps bones resist fractures, breaks, and other damage that can occur to them over time. About 99% of the body's calcium is stored in bones.

Our bodies are constantly working to maintain a healthy level of calcium in the blood and muscles, so when blood levels drop too low the body will retrieve the necessary calcium from the bones. Therefore, it's important to have adequate circulating blood levels of calcium.



Calcium can be obtained from both food and supplements, but the preferred primary source is from food..

Food Sources *

Dairy:



- Yogurt, plain, nonfat: Serving Size 8 oz, 488 mg
- Yogurt, plain, low fat: Serving Size 8 oz, 448 mg
- Yogurt, Greek, plain, low-fat: Serving size 8 oz, 261 mg
- Yogurt, Greek, plain, non-fat: Serving size 8 oz, 250 mg
- Milk, low fat (1 %): Serving Size 1 cup, 305 mg
- Milk, fat-free (skim): Serving Size 1 cup, 298 mg
- Soy beverage (soy milk), unsweetened, fortified: Serving Size 1 cup, 301 mg
- Cheese, reduced, low, or fat-free (various): Serving size 1.5 oz, ~115-485 mg

Retrieved from https://www.dietaryguidelines.gov/food-sources-calcium

the center
For Naturopathic Medicine & Functional Nutrition

Calcium

Food Sources*

Vegetables:



- Collard greens, cooked: Serving size 1 cup, 268 mg
- Spinach, cooked: Serving size 1 cup, 245 mg
- Turnip greens, cooked: Serving size 1 cup, 197 mg
- Bok choy, cooked: Serving size 1 cup, 185 mg
- Kale, cooked: Serving size 1 cup, 177 mg
- Mustard greens, cooked: Serving size 1 cup, 165 mg
- Beet greens, cooked: Serving size 1 cup, 164 mg
- Dandelion greens, cooked: Serving size 1 cup, 147 mg

Other foods:

- Tofu, raw, regular, prepared with calcium sulfate: Serving size 1/2 cup, 434 mg
- Sardines, canned with bones: Serving size 3 oz, 325 mg
- Salmon, canned, solids with bone, Serving size 3 oz, 181 mg
- Tahini (seasame butter or paste): Serving size, 1 tablespoon, 154 mg









Recommended Dietary Allowance**

Recommended dietary allowances are 1,000 - 1,300 mg per day for men and 1,000 - 1,300 mg per day for women

*Retrieved from https://www.dietaryguidelines.gov/food-sources-calcium
**Retrieved from https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/