Where can I get it?

- Milk
- Natural orange juice with calcium
- Yogurt
- Cheese
- Soybeans
- Sardines
- Breakfast cereal fortified with calcium
- Vitamins
- Broccoli
- Kale, spinach, turnips and collard greens

References:

National Dairy Council: www.nationaldairycouncil.org

Academy of Nutrition and Dietetics: www.eatright.org

National Institutes of Health www.nih.gov

Clinic Address Label :

Oregon Health Authority

Oregon Reproductive Health Program

800 NE Oregon St.,Ste.370
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Calcium

family PLANNING

Calcium

What is calcium?

Calcium is a mineral in many foods, vitamins, and antacids.

Why do I need it?

Calcium gives you:

- Healthy teeth
- Healthy bones

Calcium helps:

- Your muscles move
- Your body heal
- Keep your bones strong when using the birth control shot (Depo)

How much do I need?

Calcium:

14-18 years old: 1300mg per day
19-50 years old: 1000mg per day
51+ years old: 1200mg per day

Pregnant & breastfeeding women need the amount based on their age.

Vitamin D:

All ages: 600iu per day