



## Food Sources: Calcium

**Calcium** is a vital mineral best known as the main building block of bones and teeth. Beyond supporting skeletal health, calcium also plays key roles in muscle contraction, nerve signaling, blood clotting, and maintaining a steady heart rhythm.

The body carefully regulates calcium levels in the blood. If blood calcium drops, even slightly, it will pull calcium from bone tissue to keep levels balanced. When dietary intake is too low over time, this can lead to reduced bone density (osteopenia), which may progress to **osteoporosis**, increasing the risk of fractures.

Calcium can be obtained from both food and supplements. Dairy products are well-known sources, but many plant foods—such as leafy greens, legumes, seeds, and soy-based products like tofu—can also provide significant amounts when eaten regularly. When supplementing, it's important to consider supportive nutrients like **vitamin D, magnesium, and vitamin K**, which all work together to promote bone and overall health. A functional medicine provider can help determine the best form and dosage.

### Recommended Daily Calcium Intake (RDA):

- Women, 19–50 years: 1,000 mg
- Women, 51+: 1,200 mg
- Men, 19–70 years: 1,000 mg
- Men, 71+: 1,200 mg

### Calcium Content in Foods (per serving):

- Yogurt, plain, 8 oz: 415 mg
- Sardines, canned, 3 oz: 325 mg
- Cheddar cheese, 1.5 oz: 300 mg

- Milk (2% or reduced fat), 1 cup: 295 mg
- Firm tofu, ½ cup: 253 mg
- Collard greens, cooked, 1 cup: 198 mg
- Salmon, canned, 3 oz: 181 mg
- Sesame seeds, 2 Tbsp: 175 mg
- Kale, 1 cup: 94 mg
- Broccoli, 1 cup: 86 mg
- White beans, ½ cup: 81 mg
- Bok choy, 1 cup: 74 mg
- Figs, dried, ¼ cup: 61 mg
- Orange, 1 medium: 60 mg
- Amaranth, cooked, ½ cup: 58 mg