

Calcium for Athletes

Choose high calcium foods every day. Calcium fortified foods are an acceptable alternative to dairy products and are available in most grocery stores. A reasonable goal is to take in 1200-1500 mg of calcium per day. The table below shows the calcium content of certain foods. Try to eat some of these foods every day.

Calcium Content of Selected Food

Food	Amount	Calcium (mg)	Food	Amount	Calcium (mg)
Milk, nonfat	1 cup	302	Milkshake, vanilla	10 oz	345
Yogurt, lowfat	1 cup	300	Soy Milk, Calcium-fortified, light	1 cup	400
Cheese, cheddar	1 oz	204	Tofu, Calcium-fortified, firm	½ cup	258
Cheese, lowfat cheddar	1 oz	250	Orange Juice, Calcium-fortified	1 cup	267
Ice Cream, vanilla soft serve	½ cup	113	Waffles, Eggo, Calcium fortified	2	300
Frozen Yogurt, vanilla soft serve	½ cup	106	Nutrigrain Bar	1 Bar	200
Pudding, vanilla, w/ lowfat milk	½ cup	153	Spinach, frozen, boiled	½ cup	139
Carn Instant Breakfast, w/ nonfat milk	8 oz	652	Chickpeas, hummus	1 cup	123

If you have trouble eating high calcium foods try the following tips:

- Add grated cheese to salads, eggs, beans, pasta, rice and baked potatoes.
- Add chocolate or strawberry flavoring to milk as a treat.
- Make your own milkshake using fresh fruit and lowfat milk.
- Make hot chocolate or oatmeal with milk instead of water.
- Mix a package dip with plain nonfat yogurt and use to dip veggies or top a baked potato.
- Top fruit salad with lowfat or nonfat vanilla yogurt.
- Fortify 2 cups liquid milk with 1/3 cup powdered milk. Use this with puddings and custard recipes.*

Certain nutrients in food have been known to either improve or decrease calcium absorption. For instance the protein, phosphorus, Vitamin D and lactose in milk help with calcium absorption, whereas, fiber, spinach and bran as well as excess sodium or soda may decrease absorption. Don't worry, just try not to use or drink excessive salt or soda, eat too much animal protein or fiber, and go easy on the bran and spinach.

When Reading Labels

There is an easy way to figure out the calcium off of the Nutrition Facts Panel on the label. Simply drop the percentage and add a zero to figure the milligrams of calcium in the specified serving of food. For instance: 30 % would be equal to 300 mg. Be careful though, as this trick doesn't work for all the vitamins and minerals listed on the label.

**With younger children always check with your physician first.*

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