

## Calcium-rich Food Sources

Type of Food	Serving Size	CALCIUM (mg)
<b>Dairy Foods</b>		
Yogurt, plain, low fat	8 oz	415
Yogurt, plain, whole milk	8 oz	275
Milk, Calcium-fortified	1 cup	500
Goat's Milk	1 cup	327
Skim milk	1 cup	306
Low-fat milk	1 cup	300
Lactose-free milk, low-fat	1 cup	300
Buttermilk	1 cup	285
Cottage cheese, 1% milk fat	1 cup	138
Cottage cheese, low-fat	1 cup	155
Cheese, mozzarella, part skim	1 oz	183
Cheese, parmesan	1 T	69
Cheese, Feta	1.5 oz	210
Cheese, Romano	1.5 oz	452
GF Frozen yogurt, vanilla	1 cup	103
GF Ice cream, hard	1 cup	168

<b>Non-Dairy Foods</b>		
Soy, Almond, Rice Milk (calcium fortified)	1 cup	300
GF Soy yogurt (calcium-fortified)	2/3 cup	500
GF Soy cheese (calcium-fortified)	1 oz	200

<b>Fruits, Veggies, and Legumes</b>		
Spinach, frozen, boiled	1 cup	291
Orange juice (calcium-fortified)	1 cup	266
Soybeans, boiled	1 cup	262
Turnip greens	1 cup	250
Black-eyed peas, boiled	1 cup	211
Watercress	1 cup	164
White beans	1 cup	161
Bok choy	1 cup	160
Kale, frozen, boiled	1 cup	160
Mustard greens, frozen, boiled	1 cup	152
Navy beans	1 cup	126

Soy nuts, roasted, salted	½ cup	119
Parsley, cooked	1 cup	112
Pinto beans, canned	1 cup	103
Iceberg lettuce	1 head	97
Green peas	1 cup	94
Oranges	1 cup	72
Broccoli, boiled	1 cup	72
Orange	1 medium	52
Carrots	1 cup	48
Fig, dried	1 medium	31

<b>Flours, Grains, and Nuts (raw)</b>		
Flax Seed	1 cup	428
Carob Flour	1 cup	358
Flax seed meal	1 cup	332
Amaranth seed	1 cup	298
Soy flour, defatted	1 cup	241
Teff flour	1 cup	239
Amaranth flour	1 cup	207
Mesquite flour	1 cup	198
Soy flour, full fat	1 cup	173
Teff grain	1/2 cup	166
Corn flour-Yellow (Masa, enriched)	1 cup	161
Hazelnut flour	1 cup	128
Garbanzo bean flour	1 cup	126
Buckwheat bran	1 cup	104
Garfava flour	1 cup	104
Potato flour	1 cup	104
Almonds	1 oz (24 nuts)	70
Brazil nuts (dried, unblanched)	1/4 cup	56
White rice, long grain, parboiled, enriched	1/2 cup	52
Quinoa grain	1/2 cup	51
Hazelnuts	1/4 cup	39
Sunflower Seeds, hulled	1/4 cup	28

<b>Protein Foods</b>		
Salmon (pink), canned with bones	3 oz	181
Sardines, canned in oil with bones	2 sardines	92
Shrimp, canned	3 oz	50

<b>Etc.</b>		
Perky-O's Cereal, original	¾ cup	450
Perky-O's Cereal, apple-cinnamon OR frosted	¾ cup	300
Tofu, firm (calcium-fortified)	4 oz	258

## Vitamin D

Type of Food	Serving Size	Vitamin D (IU)
Tempeh	½ cup	77
Sunshine	5-15 mins	Varies; see your doctor for advice on sun exposure
Cod liver oil	1 T	1360
Wild-caught salmon, Sockeye	4 oz	739
Wild-caught salmon, Chinook	4 oz	411
Mackerel	3 ½ oz	345
Sardines	1 ¾ oz	250
Tuna fish	3 oz	200
Soy Milk	1 cup	120
Milk, nonfat/reduced fat/whole/vitamin D fortified	1 cup	98
Margarine, fortified	1 T	60
Ready-to-eat cereals fortified with 10% of the DV for vitamin D, (gluten-free)	¾ to 1 cup (depending on the brand)	40
Egg	1 whole	20
Liver, beef, cooked	3 ½ oz	15
Cheese, Swiss	1 oz	12

\* IU = International unit (the measurement for vitamin D)

Many individuals cannot meet their calcium and vitamin D needs through food sources alone and will consider taking a gluten-free calcium supplement with vitamin D. Speak to your doctor or dietitian before beginning a supplement.

## **CALCIUM AND VITAMIN D SUPPLEMENTS**

### **Calcium**

#### **What are the different types of calcium?**

- Calcium Citrate: most easily absorbed. No gas or constipation. Safest for individuals prone to kidney stones.
- Calcium Carbonate: take with a meal. If you have gas or constipation, increase fluids and activity or switch formulas.
- Calcium Phosphate: well absorbed. Typically, no gas or constipation.

You can take calcium that has magnesium included if you have constipation. If you have significant issues with loose stool, however, you may want to choose a calcium supplement that does not contain magnesium since magnesium is a natural laxative.

#### **How much calcium do I need each day?**

- Recommended amounts will vary depending on age, gender and medical history. They typically range between 1000-1500mg/day. Ask your doctor or dietitian what amount is best for you.
- You should first try to reach your calcium goal with food sources and then make up the difference with a calcium supplement. Multivitamins also have varying amounts of calcium.

#### **How/when should I take calcium?**

The body can only absorb 500-600 mg of calcium at a time, so split your doses throughout the day. Calcium can have a natural sedative effect on the body so you may benefit from taking your calcium supplements later in the day and in the evening. Calcium decreases the absorption of iron and zinc, as well as thyroid medication and some antibiotics. Take them at least 2 hours apart.

#### **Talk to your doctor:**

- If you experience any side effects such as constipation and dark stools
- Before starting a calcium supplement if you take prescription medication or antacids containing aluminum
- If after taking calcium, you experience kidney disease, constipation, colitis, diarrhea, nausea, vomiting, stomach or intestinal bleeding, slow or irregular heartbeat, heart problems, poor digestion, headaches or confusion.

#### **AVOID:**

- Taking > 2500 mg/ day of calcium from diet and/ or supplements unless supervised by your doctor.
- Taking calcium supplements that contain bone meal, dolomite, or oyster shell (may contain toxic substances).
- Taking calcium if you have a high blood calcium level, or sarcoidosis.

Note: If you have allergies or food sensitivities, read the label carefully to avoid unwanted ingredients.

## **VITAMIN D**

Getting enough vitamin D has many health benefits. Vitamin D helps the body absorb calcium, influences many hormones, may help prevent infection and helps reduce inflammation. New research shows that it also may provide protection from high blood pressure, osteoporosis, and cancer.

### **Where do we find vitamin D?**

Foods that contain vitamin D are limited. You can get vitamin D from sun exposure, but not in the winter months (Oct-April) in New England and other areas experiencing colder climates. Supplementation is the best way to ensure you get enough vitamin D.

### **How much vitamin D should I take?**

- In general, vitamin D3 supplement recommendations are 800-1000 IU/day but everyone has different needs. Vitamin D is measured in international units (IU). Amounts vary between 400 – 2000IU in multivitamin/mineral supplements. Ask your doctor to check your blood levels (25 OHD) of vitamin D. You are aiming for about 35ng/mL (this vitamin D level goal may vary based on practitioner).
- If your serum vitamin D level is too low, your doctor may give you therapeutic dosing (50,000 IU/ week for 6-8 weeks or longer). After finishing your therapeutic dose, ask your doctor to recheck your vitamin D (25 OHD) level.

Be sure to look for supplements labeled gluten-free as some of these companies make products that are not gluten-free. Caution: Some vitamin and mineral supplements contain lactose, soy, fructose and other ingredients that may cause gastrointestinal discomfort in some people. If you have allergies or food sensitivities, read the label carefully to avoid unwanted ingredients.

Bayer Healthcare (Citracal): 866-511-9328  
Blue Bonnet: 281-240-3332  
Carlson Labs: 800-323-4141  
Country Life: 800-645-5768

Freeda Health Vitamins: 800-777-3737  
Kirkman Labs: 800-245-8282  
NatureMade: 800-276-2878  
Solgar: 877-765-4274

**These supplement companies are available to patients directly through the company online, through their provider, or from compounding pharmacies.**

Douglas Labs: [www.douglaslabs.com](http://www.douglaslabs.com)  
Integrative Therapeutics: 800-931-1709; [www.integrativeinc.com](http://www.integrativeinc.com)  
Pure Encapsulations: 800-753-2277; [www.pureencapsulations.com](http://www.pureencapsulations.com)  
Vital Nutrients: 888-328-9992; [www.vitalnutrients.net](http://www.vitalnutrients.net)  
Metagenics: 800-638-2848; [www.metagenics.com](http://www.metagenics.com)

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