Daily Calcium and Vitamin D Recommendations

Adolescents/Young Adults (9-18 years)
Calcium – 1300 mg daily
Vitamin D – 200 IU daily

Adult Women

19-50 years	1000 mg Calcium, 200 IU Vitamin D
51-70 years	1200 mg Calcium, 400 IU Vitamin D
>70 years	1200 mg Calcium, 600 IU Vitamin D

Post Menopausal Women with Osteopenia or Osteoporosis
1200 -1500 mg Calcium, 800 IU Vitamin D

Common Calcium Supplements
Caltrate D (600 mg Calcium Carbonate, 200 IU Vitamin D)

Caltrate 600 plus chewables (600 mg Calcium Carbonate, 400 IU Vitamin D)

OsCal 500 plus D (500 mg Calcium Carbonate, 200 IU Vitamin D)

OsCal 500 plus Extra D (500 mg Calcium Carbonate, 400 IU Vitamin D)

OsCal Ultra (600 mg Calcium Carbonate, 200 IU Vitamin D)

Citracal Ultradense Petites (200 mg Calcium Citrate, 200 IU Vitamin D)

Citrical Caplets plus D (315 mg Calcium Citrate, 200 IU Vitamin D)

Citracal 250 plus D (250 mg Calcium Citrate, 200 IU Vitamin D)

Viactiv plus D +K (500 mg Calcium Carbonate, 200 IU Vitamin D)

Dietary Calcium
Milk (skim, 2 percent, or whole, 8 oz.) 300 mg
Yogurt (6 oz.) 250 mg
Orange Juice (with calcium, 8 oz) 300 mg
Tofu with calcium (1/2 cup) 435 mg
Cheese (1 oz) 195-335mg (hard cheese=higher calcium)
Cottage Cheese (1/2 cup) 130 mg
Ice Cream or Frozen Yogurt (1/2 cup) 100 mg
Soy milk (1 cup) 100 mg
Beans (1/2 cup cooked) 60-80 mg
Dark, leafy green vegetables (1/2 cup cooked) 50-135 mg
Almonds (24 whole) 70 mg
Orange (1 medium) 60 mg