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OBSTETRICS, GYNECOLOGY AND INFERTILITY

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CALCIUM

Most of the calcium in the body is used to make the bones and teeth hard. The remainder is found in the body fluids and is essential for the transmission of nerve impulses, for proper blood coagulation, and for promoting proper contraction and relaxation of muscles such as the heart.

Calcium absorption from the diet is enhanced by the presence of phosphorus and vitamin D. It is inhibited by excessive protein intake, excessive fat intake, and foods high in oxalic acid. Examples of foods high in oxalic acid are spinach, chard, beet greens, lambs quarters, chocolate, rhubarb, and wheat bran, whose calcium content is poorly utilized.

Recommended Daily Dietary Allowance (RDA) *

Infants 6 mos.-1 yr.	600mg./day
Children 1 yr.-10 yrs.	700mg.-1000mg./day
Adolescents	1200-1400mg./day
Adults	800mg./day
Pregnancy	1200mg./day
Lactating	1300mg./day

SOURCES OF CALCIUM**

400 skim milk powder, 1/4 cup	220 edam cheese, 1 oz.
360 collard leaves, 1 c. ckd.	210 cheddar cheese, 1 oz.
350 low-fat milk, 1 cup	200 kale, 1 cup cooked
300 buttermilk, 1 cup	180 mustard greens, 1 c. ckd.
290 whole milk, 1 cup	160 broccoli, cooked, 1 stalk
280 blackstrap molassas	150 okra, ckd. 1 cup slices
270 sesame seed meal, 1/4 c.	150 dandelion greens, 1 c. ckd.
270 yogurt, 1 cup	140 Masa Harina, 1 c. dry
270 Parmesan cheese, 1/4 c. grated	130 soybeans, 1 c. ckd.
260 Swiss cheese, 1 oz.	120 tortillas, 2
250 bok choy, 1 c. ckd.	120 carob flour, 1/4 c.
230 cottage cheese, 1 c.	100 rutabagas, 1 c. ckd.

Additional sources: chalk, limestone, eggshell, hard water

Information from: * Food Values of Portions Commonly Used, Bowes and Church
J. B. Lippincott Co., Philadelphia/Toronto, copyright 1970

**Laurel's Kitchen, A Handbook for Vegetarian Cookery and
Nutrition/Nilgiri Press. Copyright 1976 pg. 492