

THE EINHAUS GROUP FOR WOMEN'S HEALTH
Obstetrics & Gynecology
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CALCIUM AND VITAMIN D

Requirements for calcium are:

1000 mg. daily for women 65 and younger if taking ERT/HRT.

1500 mg. daily for women 65 and younger not taking ERT/HRT.

1500 mg. for all women over 65

A diet with no dairy products provides approximately 300 mg. of calcium.

The addition of two glasses of milk still leaves the total calcium under 1000 mg. for the day.
(One glass of milk provides 300 mg. of calcium)

Foods that give the same amount of calcium as a glass of milk include:

1 1/2 cups of broccoli

5 oranges

2 cups of baked beans

1 cup of yogurt

1 ounce of Swiss cheese

2 ounces of American cheese

Calcium supplements vary in the amount of calcium available. Most have 200 to 600 mg. per tablet.