



Meeting your daily calcium needs through food and supplements

Your Calcium Goal = 1200-1500mg of calcium daily from food AND supplements

Use this handout to add up your calcium intake from food sources, and then adjust how much calcium you need to take from supplements in order to reach your goal.

The following foods are good sources of calcium:

Milk, calcium-fortified soymilk, lactaid/lactose-free milk, yogurt, cheese, cottage cheese, calcium fortified almond milk, ricotta cheese

Use the “Calcium %” on the Nutrition Facts Label to see how much calcium the product contains:

Nutrition Facts	
Serving Size 1 Container (150g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Potassium 220mg	6%
Total Carb 6g	2%
Dietary Fiber 0g	
Sugars 3g	
Protein 14g	28%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 2%

*Percent Daily values are based on a 2,000 calorie diet.

Calcium 10% = 100mg
 Calcium 15% = 150mg
 Calcium 20% = 200mg
 Calcium 25% = 250mg
 Calcium 30% = 300mg
 Calcium 45% = 450mg
 Calcium 50% = 500mg

Example of Typical Day:

- Triple Zero Greek Yogurt (150mg of calcium)
- ½ cup cottage cheese (100mg of calcium)
- 1 string cheese (150mg of calcium)

Total = 400 mg calcium from food

Take an extra 1,000 mg calcium from supplements for a total of 1,400 mg calcium for the day (Goal of 1,200-1,400 mg calcium per day from food and supplements).

Continue to take other vitamin and mineral supplements regularly and always have your labs checked as recommended by your bariatric team. Keep in mind that if your eating patterns change from day to day, you may need to adjust the amounts of calcium supplements you take.