

## How To Estimate Your Daily Intake of Calcium

**We recommend obtaining a total of 1000 –1500mg of calcium per day**

<b>Source of calcium</b>	<b>Amount</b>
Dairy-free diet _____	<u>250 mg</u>
Dairy products _____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Calcium supplements _____	_____
_____	_____
_____	_____

**TOTAL CALCIUM INTAKE** \_\_\_\_\_ **mg**

### EXAMPLE

Dairy - free diet _____	_____ mg
Dairy products _____	_____ mg
_____	_____ mg
_____	_____ mg
_____	_____ mg
_____	_____ mg
Calcium supplements _____	_____ mg
_____	_____ mg
_____	_____ mg
<b>TOTAL CALCIUM INTAKE</b> _____	<b>_____ mg</b>