

Meeting Calcium Needs with Sickle Cell Disease

Boost Your Calcium Intake

Calcium is important for strong, healthy bones. It can be provided in the diet through numerous food sources. Vitamin D is also important because it helps with calcium absorption and strong bones. Calcium can be found in many different foods, the best sources include dairy foods.

Increasing Calcium in Your Diet

- Have a glass of milk with your meals.
- Choose yogurt for snacks
- Add cheese to a sandwich
- Choose additional foods from the list provided.



Increasing Vitamin D in Your Diet

- The sunshine provides an important source of vitamin D, check with your physician
- Food sources include: eggs, salmon, sardines, fortified cereals, milk with vitamin D

Calcium and Vitamin D Needs:

Age Groups:	Calcium Needs:	Vitamin D Needs:
1-3 years old	500 mg	5 mcg
4-8 years old	800 mg	5 mcg
9-18 years old	1300 mg	5 mcg
19-50 years old	1000 mg	5 mcg
51+ years old	1200 mg	10 mcg

Calcium –Rich Foods List:

Food	Serving size	Calcium
Low-fat dairy	1 cup	300 mg
Lactose free, milk	1 cup	300 mg
Yogurt, plain	1 cup	400 mg
Yogurt, fruited	1 cup	314 mg
Cheese, American	1 ounce	174 mg
Cheese, mozzarella	1 ounce	183 mg
Cottage cheese, low-fat	1 cup	155 mg
Cheese, parmesan	1 Tbsp	69 mg
Frozen yogurt, vanilla	1 cup	103 mg
Ice cream, hard	1 cup	168 mg
Sardines, canned in oil, with bones	2 sardines	92 mg
Salmon (pink), canned with bones	3 ounces	181 mg
Shrimp, canned	3 ounces	50 mg
Soy milk (Ca+ fortified*)	1 cup	300 mg
Soy yogurt (Ca+ fortified)	2/3 cup	500 mg
Soy cheese (Ca+ fortified)	1 ounce	200 mg
Tofu, firm (Ca+ fortified)	4 ounces	258 mg
Tempeh	½ cup	77 mg
Soybeans, boiled	1 cup	262 mg
Soy nuts, roasted, salted	½ cup	119 mg
Bok choy	1 cup	160 mg
Broccoli, boiled	1 cup	72 mg
Collard greens, frozen, boiled	1 cup	358 mg
Carrots	1 cup	48 mg
Turnip greens	1 cup	250 mg
Kale, frozen, boiled	1 cup	180 mg
Mustard greens, frozen, boiled	1 cup	152 mg
Orange	1 med	52 mg
Orange juice (Ca+ fortified)	1 cup	266 mg
Molasses, blackstrap	1 tbsp	172 mg
Pinto beans	1 cup	103 mg
Rice milk, Ca+ fortified	1 cup	300 mg

* calcium fortified

