

**Patient Instructions (continued)****Patient Instructions / Care Plan (continued)**

<b>Milk Products</b>	<b>Calcium (MG)</b>	<b>Vegetables / Fruit</b>	<b>Calcium (MG)</b>
Plain yogurt, 2%, 1 cup	415	Rhubarb, 1 cup	348
Nonfat dry milk, 1/4 cup	377	Collard/mustard greens, 1/2 cup	179
Skim milk, 1 cup	302	Kale, 1 cup	179
Buttermilk, 1 cup	285	White beans, 1 cup	170
Mozzarella cheese, part-skim, 1 oz	207	Beet greens, 1 cup	165
Ricotta cheese, part-skim, 1/4 cup	168	Broccoli, 1/2 cup	89
Cottage cheese, 2%, 1 cup	155	Okra, 1/2 cup	88
Pudding (with skim milk), 1/2 cup	150	Rutabagas, 1 cup	72
Parmesan cheese, 1 tbsp	69	Green beans, 1 cup	58
		Lima beans, 1 cup	55
<b>Bean/Grain Products</b>		Orange, 1 medium	52
Waffle/pancake (milk, egg added)	179	Cabbage, 1 cup	50
Tofu, 3 oz	150		
English muffin	96	<b>Seafood</b>	
Soybeans, 1/2 cup cooked	88	Salmon, 3-4 oz	225
Corn muffin	66	Oyster, 3 1/2 oz	100
Pita bread, 1 pocket	49	Clams, 1/2 cup	74
Fortified whole wheat cereal	48	Shrimp, 3 1/2 oz	50
Corn tortilla, one 6 inch	42	Haddock, 3 1/2 oz	42
Whole wheat dinner roll	34		
Brown rice, 1 cup	33		

**What do I need to know about calcium supplements?**

If you are not able to get your daily calcium requirements from dairy products and other foods, calcium supplements are a safe and potent way to get enough calcium. Here are a few tips for choosing a calcium supplement.

- The amount of calcium in supplements varies from 200 mg to 600 mg, and should be printed on the label.
- Read the label - a supplement 'serving' may contain 400 mg of calcium, but that 'serving' may be two tablets.
- Research suggests that calcium supplements are best absorbed when taken in doses of 500