# Calcium Intake Recommendations

| Age group | Amount of calcium to consume daily, in milligrams (mg) |
|---|---|
| 0-6 months | 210 mg |
| 7-12 months | 270 mg |
| 1-3 years | 500 mg |
| 4-8 years | 800 mg |
| 9-18 years | 1,300 mg |
| 19-50 years | 1,000 mg |
| 51-70+ years | 1,200 mg |
| Pregnant and nursing under 19 years | 1,300 mg |
| Pregnant and nursing over 19 years | 1,000 mg |

Document Released: 08/01/2005 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.