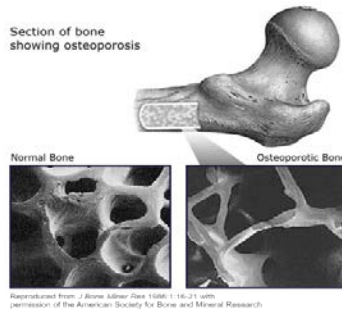


**WHAT IS CALCIUM?**

Calcium is an important mineral that is necessary for life. Our body needs calcium to build and maintain strong bones and teeth. We also need calcium for our heart, muscles and nerves to function properly. Our body cannot produce calcium, so we need to get calcium from food.

**WHY IS CALCIUM SO IMPORTANT?**

Inadequate calcium intake usually has no obvious symptoms in the short term. However, in the long term, inadequate calcium intake can lead to osteoporosis which will increase the risk of bone fractures in older adults. In children, inadequate calcium intake may delay teething and walking.



**WHO IS AT RISK OF CALCIUM DEFICIENCY?**

- Postmenopausal women
- People with lactose intolerance or milk allergy
- Vegetarians, especially vegans
- Women with absence of menstrual period

**HOW MUCH CALCIUM DO I NEED?**

**Recommended Dietary Allowances (RDAs) for Calcium**

| Age                    | Male   | Female | Pregnancy & Breastfeeding |
|------------------------|--------|--------|---------------------------|
| * Adequate Intake (AI) |        |        |                           |
| 0-6 months*            | 200mg  | 200mg  |                           |
| 7-12 months*           | 260mg  | 260mg  |                           |
| 1-3 years              | 700mg  | 700mg  |                           |
| 4-8 years              | 1000mg | 1000mg |                           |
| 9-13 years             | 1300mg | 1300mg |                           |
| 14-18 years            | 1300mg | 1300mg | 1300mg                    |
| 19-50 years            | 1000mg | 1000mg | 1000mg                    |
| 51-70 years            | 1000mg | 1200mg |                           |
| 71+ years              | 1200mg | 1200mg |                           |

| Food                                   | Calcium (mg) |
|--|--------------|
| Nonfat milk, calcium fortified (1 cup) | 504          |
| 1% Low fat milk (1 cup)                | 305          |
| Soy milk, calcium-fortified (1 cup)    | 299          |
| Amaranth leaves, cooked (1 cup)        | 276          |
| Firm Tofu (½ cup)                      | 253          |
| Spinach, cooked (1 cup)                | 245          |
| Mozzarella cheese, low fat (1oz)       | 222          |
| Low fat yogurt, plain (4 oz)           | 207          |
| Almond, raw (½ cup)                    | 193          |
| Soybean, cooked (1 cup)                | 175          |
| Mustard greens, cooked (1 cup)         | 165          |
| White bean, cooked (1 cup)             | 161          |
| Bok Choy, cooked (1 cup)               | 158          |
| Cottage Cheese, 1% milk fat (1 cup)    | 138          |
| Baked Bean, canned (1 cup)             | 126          |
| French bean, cooked (1 cup)            | 112          |
| Peanut, cooked and shelled (1 cup)     | 99           |
| Edamame, cooked (1 cup)                | 98           |
| White sesame (1 tablespoon)            | 89           |
| Chickpeas, cooked (1 cup)              | 80           |
| Broccoli, cooked (1 cup)               | 62           |

Sources:

- Centers for Disease Control and Prevention
- National Institute of Health
- US Department of Agriculture
- Hong Kong Food Safety Center

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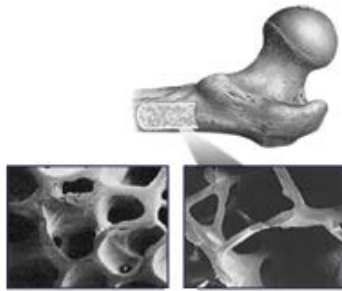
CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

### 甚麼是鈣質?

鈣質是生命必不可少的一種礦物質。我們的身體需要鈣質來建造和維持強壯的骨骼與牙齒。我們也需要鈣質來維持心臟、肌肉和神經的正常運作。我們的身體不能夠自己製造鈣質，所以我們需要從食物中補充鈣質。

### 為甚麼鈣質對我們這麼重要?

短期缺乏鈣質一般沒有明顯的症狀。但是，長期缺鈣可以導致骨質疏鬆症，增加年長者得到骨折的風險。在兒童中，缺乏鈣質可以導致兒童延遲出牙和走路。



正常的骨骼 骨質疏鬆症

### 誰比較容易缺乏鈣質?

- 更年期後的女性
- 有奶糖不耐症或對牛奶過敏的人
- 素食者，特別是不吃奶製品的素食者
- 閉經的女性

### 我需要多少鈣質?

#### 鈣質的每日建議攝取量 (RDAs)

| 年齡<br>* 適宜攝入量 | 男性      | 女性      | 懷孕和<br>哺乳期女性 |
|---------------|---------|---------|--------------|
| 0-6 個月*       | 200 毫克  | 200 毫克  |              |
| 7-12 個月*      | 260 毫克  | 260 毫克  |              |
| 1-3 歲         | 700 毫克  | 700 毫克  |              |
| 4-8 歲         | 1000 毫克 | 1000 毫克 |              |
| 9-13 歲        | 1300 毫克 | 1300 毫克 |              |
| 14-18 歲       | 1300 毫克 | 1300 毫克 | 1300 毫克      |
| 19-50 歲       | 1000 毫克 | 1000 毫克 | 1000 毫克      |
| 51-70 歲       | 1000 毫克 | 1200 毫克 |              |
| 71 歲以上        | 1200 毫克 | 1200 毫克 |              |

| 食物                         | 鈣質(毫克) |
|----------------------------|--------|
| 加鈣脫脂牛奶 (1 杯)               | 504    |
| 1%低脂牛奶 (1 杯)               | 305    |
| 加鈣豆奶 (1 杯)                 | 299    |
| 煮熟的莧菜 (1 杯)                | 276    |
| 硬豆腐 (半杯)                   | 253    |
| 煮熟的菠菜 (1 杯)                | 245    |
| 低脂馬蘇里拉芝士 (1 安士)            | 222    |
| 原味低脂乳酪 (4 安士)              | 207    |
| 生杏仁 (半杯)                   | 193    |
| 煮熟的黃豆 (1 杯)                | 175    |
| 煮熟的芥菜 (1 杯)                | 165    |
| 煮熟的白豆 (1 杯)                | 161    |
| 煮熟的白菜 (1 杯)                | 158    |
| 鬆軟白色乾奶酪 (茅屋芝士), 1%脂肪 (1 杯) | 138    |
| 罐頭焗豆 (1 杯)                 | 126    |
| 煮熟的四季豆 (1 杯)               | 112    |
| 煮熟的花生, 去殼 (1 杯)            | 99     |
| 煮熟的毛豆 (1 杯)                | 98     |
| 白芝麻 (1 湯匙)                 | 89     |
| 煮熟的鷹嘴豆 (1 杯)               | 80     |
| 煮熟的西蘭花 (1 杯)               | 62     |

資料來源:

- Centers for Disease Control and Prevention
- National Institute of Health
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