

Your Pregnancy Calcium Calculator

A pregnant woman should be getting 1,200 milligrams of calcium a day. This calcium calculator is a reference tool to help you determine your approximate daily calcium intake so that you can alter your diet accordingly. Fill out the chart by estimating the answer to each question and calculating each answer by the adjacent number. Calculate your average daily calcium intake taking the sum of the totals for each question.

Question	Answer	Calculate	Total
1. On average, how many 8 oz. glasses of milk (whole, skim, lactose-free, soy, etc.) per day?		Answer x 300	
2. On average, how many servings (1/2 cup, cooked) of deep-green vegetables per day?		Answer x 150	
3. On average, how many servings (1 oz.) of cheese per day?		Answer x 200	
4. On average, how many servings (1 cup) of yogurt per day?		Answer x 400	
5. On average, how many servings (appx. 1 large scoop) of premium or low-fat ice cream per day?		Answer x 85	
6. On average, how many servings of calcium-fortified foods (cereals, juices, breakfast bars, etc.) per day?		Answer x 200	
7. On average, how many servings of canned salmon or sardines (3 oz.) per day?		Answer x 150	
8. On average, how many tablets of calcium supplement do you take?		Answer x 600	
Your average daily calcium intake is			