

**Are you getting enough?
It's recommended to get 1200 mg of calcium daily.**

If you aren't getting the recommended amount you may need to supplement. Below is a list of some good ways to get calcium

Food	mg Calcium	Food	mg Calcium
OsCal 500 or Viactiv chew	500	Soy milk, fortified, 1 cup	225
Fortified Oatmeal	350	Tofu, ½ cup	200
Yogurt, 1 cup	350	Cheddar cheese, 1 oz	200
Citracel, 1 caplet	315	Collards, ½ cup	200
Orange juice, fortified, 1 cup	300	String cheese, 1oz	200
TUMS, 1 pill	300	Soybeans, 1 cup	180
Milk, 1 cup	300	Almonds, dry roasted, ¼ cup	100
Lasagna, 1 cup	250	Kale or Broccoli, 1 cup	90

Check your prenatal vitamins to see how much calcium they contain, typically prenatal vitamins contain around 300 mg of calcium.

***Calcium is critical for your's and your baby's
bone development!***