

Mayo Clinic Minute: How much calcium do you need?

VIDEO	AUDIO
	Calcium is an essential mineral that keeps your bones strong. But your body doesn't make it on its own.
GRAPHIC: Kurt Kennel, M.D. Endocrinology Mayo Clinic	"Calcium is exclusively in the diet. There are some foods that are very rich in calcium."
	Dr. Kurt Kennel is a Mayo Clinic endocrinologist. He says milk and other dairy products are rich in calcium — as are other foods you might not think of, such as nuts, soy products and green, leafy vegetables, like spinach and kale.
	So how much calcium does the average adult need?
Dr. Kennel	"A good number as a frame of reference would be 1,000 milligrams a day."
	Dr. Kennel says a balanced diet has that covered. A glass of milk or a 6-ounce yogurt alone is 300 milligrams.
	But, for the elderly, or people with osteoporosis or dietary issues, a daily calcium supplement might be necessary.
Dr. Kennel	"People who are lactose-free and dairy-free, and otherwise have restrictions, they may find themselves only getting 400 or 500 milligrams of calcium per day. And a supplement once a day would be very reasonable."
	For the Mayo Clinic News Network, I'm Jason Howland.