

## Recommended calcium and vitamin D intakes

Group	Optimal daily intake
<b>Calcium*</b>	
Infants	
Birth-6 mo	400 mg
6 mo-1 y	600 mg
Children	
1-5 y	800 mg
6-10 y	800-1,200 mg
Adolescents/young adults	
11-24 y	1,200-1,500 mg
Men	
25-65 y	1,000 mg
>65 y	1,500 mg
Women	
25-50 y	1,000 mg
>50 y (postmenopausal)†	1,500 mg
On estrogens	1,000 mg
Not on estrogens	1,500 mg
>65 y	1,500 mg
Pregnant and nursing	1,200-1,500 mg
<b>Vitamin D‡</b>	
Infants/children/young adults	
Birth-18 y	200 IU
Men	
19-50 y	200 IU
50-70 y	400 IU
>70 y	600 IU
Women	
19-50 y	200 IU
50-70 y	400 IU
>70 y	600 IU
Pregnant and nursing	200 IU

\* National Institutes of Health, Optimal Calcium Intake, 1994. <http://consensus.nih.gov/1994/1994OptimalCalcium097html.htm>

† The National Osteoporosis Foundation recommends at least 1,200 mg of calcium per day and 800 to 1,000 mg of vitamin D3 per day for postmenopausal white women (National Osteoporosis Foundation Physician's Guide to Prevention and Treatment of Osteoporosis).

‡ Institute of Medicine, Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride, 1997.

From PIER's module on osteoporosis: <http://pier.acponline.org/physicians/diseases/d297/d297.html>