

*Calcium Dosage Questionnaire*  
*25 Million Women Failed This Test!*

CALCIUM-RICH FOODS YOU EAT DAILY	VALUE (mg)	SCORE (mg)
Soymilk – 1 cup	300	
Juice with calcium – 1 cup	300	
Milk, Whole – 1 cup	290	
Milk, Low Fat – 1 cup	297	
Milk, Chocolate – 1 cup	280	
Milk, half & half – 1 cup	254	
Milk, evaporated canned – 1 cup	675	
Eggnog, commercial – 1 cup	350	
Yogurt (depending on flavor) – 1 cup	415	
Kale – 1 cup	206	
Collards – 1 cup	357	
Sardines (canned) – 3 oz	372	
Almonds – 1 cup	304	
Hazelnuts – 1 cup	240	
Broccoli – 1 cup	136	
Spinach – 1 cup	167	
Ice Cream, regular – 1 cup	176	
Ice Cream, soft – 1 cup	237	
Cabbage – 1 cup	44	
Carrots – 1 medium	27	
Cheese Blue – 1 oz	150	
Cheese Cottage – 1 cup	130	
Mozzarella Cheese (Whole milk) – 1 oz	163	
Mozzarella Cheese (Part skim) – 1 oz	207	
Cheddar Cheese – 1 oz	204	
Parmesan Cheese – 1 oz	390	
Provolone Cheese – 1 oz	214	
Swiss Cheese – 1 oz	272	
American Cheese – 1 oz	174	
Egg – 1 egg	28	
Cream Cheese – 1 oz	23	
Beef, Pork, Poultry – 3 oz	10	
Apples, Bananas – 1 medium	10	
Grapefruit – 1/2 medium	20	
Potatoes – 1 medium	14	
Lettuce – 1/4 head	27	
Multivitamin/Mineral Formula with Calcium that you take	162	
Calcium in your diet's everyday basic foods (automatic score)		172
Add totals to get an average daily calcium intake		

If your calcium intake is over 1000 mg daily for pre-menopausal women or 1200 mg daily for post-menopausal women, congratulations. If it is less, you run the risk of placing your body in a negative calcium balance. The average woman's calcium intake is only 550 – 660 mg per day.

To correct your calcium imbalance, you can either change your diet to include more calcium-rich foods or supplement your diet with a high-potency calcium product. Pharmacist, Dr. Phil Carson can help you determine the correct dosage and form of calcium you need. He will also make sure your calcium supplement does not conflict with your prescription medications. If you would like to schedule a FREE 10 minute consultation with Dr. Phil to discuss your calcium needs then, simply email your completed questionnaire to [info@carsonnatural.com](mailto:info@carsonnatural.com). Remember your daily diet, exercise, lifestyle habits, age and current prescription therapy will determine your appropriate dosage and form of calcium best for you.

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