



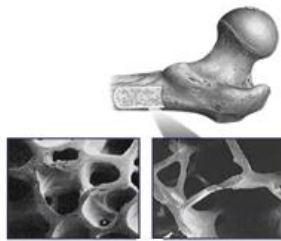
CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

### 甚麼是鈣質?

鈣質是生命必不可少的一種礦物質。我們的身體需要鈣質來建造和維持強壯的骨骼與牙齒。我們也需要鈣質來維持心臟、肌肉和神經的正常運作。我們的身體不能夠自己製造鈣質，所以我們需要從食物中補充鈣質。

### 為甚麼鈣質對我們這麼重要?

短期缺乏鈣質一般沒有明顯的症狀。但是，長期缺鈣可以導致骨質疏鬆症，增加年長者得到骨折的風險。在兒童中，缺乏鈣質可以導致兒童延遲出牙和走路。



正常的骨骼 骨質疏鬆症

### 誰比較容易缺乏鈣質?

- 更年期後的女性
- 有奶糖不耐症或對牛奶過敏的人
- 素食者，特別是不吃奶製品的素食者
- 閉經的女性

### 我需要多少鈣質?

鈣質的每日建議攝取量 (RDAs)			
年齡 * 適宜攝入量	男性	女性	懷孕和 哺乳女性
0-6 個月*	200 毫克	200 毫克	
7-12 個月*	260 毫克	260 毫克	
1-3 歲	700 毫克	700 毫克	
4-8 歲	1000 毫克	1000 毫克	
9-13 歲	1300 毫克	1300 毫克	
14-18 歲	1300 毫克	1300 毫克	1300 毫克
19-50 歲	1000 毫克	1000 毫克	1000 毫克
51-70 歲	1000 毫克	1200 毫克	
71 歲以上	1200 毫克	1200 毫克	

食物	鈣質(毫克)
加鈣脫脂牛奶 (1 杯)	504
1%低脂牛奶 (1 杯)	305
加鈣豆奶 (1 杯)	299
煮熟的莧菜 (1 杯)	276
硬豆腐 (半杯)	253
煮熟的菠菜 (1 杯)	245
低脂馬蘇里拉芝士 (1 安士)	222
原味低脂乳酪 (4 安士)	207
生杏仁 (半杯)	193
煮熟的黃豆 (1 杯)	175
煮熟的芥菜 (1 杯)	165
煮熟的白豆 (1 杯)	161
煮熟的白菜 (1 杯)	158
鬆軟白色乾奶酪 (茅屋芝士), 1%脂肪 (1 杯)	138
罐頭焗豆 (1 杯)	126
煮熟的四季豆 (1 杯)	112
煮熟的花生, 去殼 (1 杯)	99
煮熟的毛豆 (1 杯)	98
白芝麻 (1 湯匙)	89
煮熟的鷹嘴豆 (1 杯)	80
煮熟的西蘭花 (1 杯)	62

資料來源:

- Centers for Disease Control and Prevention
- National Institute of Health
- US Department of Agriculture
- Hong Kong Food Safety Center

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
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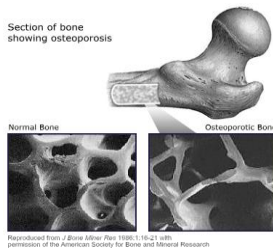
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**WHAT IS CALCIUM?**

Calcium is an important mineral that is necessary for life. Our body needs calcium to build and maintain strong bones and teeth. We also need calcium for our heart, muscles and nerves to function properly. Our body cannot produce calcium, so we need to get calcium from food.

**WHY IS CALCIUM SO IMPORTANT?**

Inadequate calcium intake usually has no obvious symptoms in the short term. However, in the long term, inadequate calcium intake can lead to osteoporosis which will increase the risk of bone fractures in older adults. In children, inadequate calcium intake may delay teething and walking.



**WHO IS AT RISK OF CALCIUM DEFICIENCY?**

- Postmenopausal women
- People with lactose intolerance or milk allergy
- Vegetarians, especially vegans
- Women with absence of menstrual period

**HOW MUCH CALCIUM DO I NEED?**

Recommended Dietary Allowances (RDAs) for Calcium			
Age	Male	Female	Pregnancy & Breastfeeding
* Adequate Intake			
0-6 months*	200mg	200mg	
7-12 months*	260mg	260mg	
1-3 years	700mg	700mg	
4-8 years	1000mg	1000mg	
9-13 years	1300mg	1300mg	
14-18 years	1300mg	1300mg	1300mg
19-50 years	1000mg	1000mg	1000mg
51-70 years	1000mg	1200mg	
71+ years	1200mg	1200mg	

Food	Calcium (mg)
Nonfat milk, calcium fortified (1 cup)	504
1% Low fat milk (1 cup)	305
Soy milk, calcium-fortified (1 cup)	299
Amaranth leaves, cooked (1 cup)	276
Firm Tofu (½ cup)	253
Spinach, cooked (1 cup)	245
Mozzarella cheese, low fat (1oz)	222
Low fat yogurt, plain (4 oz)	207
Almond, raw (½ cup)	193
Soybean, cooked (1 cup)	175
Mustard greens, cooked (1 cup)	165
White bean, cooked (1 cup)	161
Bok Choy, cooked (1 cup)	158
Cottage Cheese, 1% milk fat (1 cup)	138
Baked Bean, canned (1 cup)	126
French bean, cooked (1 cup)	112
Peanut, cooked and shelled (1 cup)	99
Edamame, cooked (1 cup)	98
White sesame (1 tablespoon)	89
Chickpeas, cooked (1 cup)	80
Broccoli, cooked (1 cup)	62

Sources:

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- National Institute of Health
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