

Nutritional Information

Paragon recommends you keep this chart handy and refer to it throughout your pregnancy

How much calcium do you need each day?

During Pregnancy and Breastfeeding.....	1200mg
Under age 35	800mg
Over age 35	1000mg
Menopausal Women on Estrogen	1000mg
Not on Estrogen	1500mg

The calcium you need. The variety you want.

For further information, please consult your doctor or a qualified nutritionist. Be conscious of your diet. It provides you with essential prenatal care.

SOURCES OF CALCIUM

FOOD	AMOUNT	CALCIUM
Almonds	1 oz	50mg
Beans, Green	1/2 cup	25mg
Beans: Kidney, Navy, Lima	1/2 cup	50mg
Bread	1 slice	25mg
Broccoli	1/2 cup	75mg
Carrot	1 medium	25mg
Celery	1/2 cup	25mg
Cheese, American	1 slice	195mg
Cheese, Cheddar	1 oz	204mg
Cheese, Swiss	1 oz	300mg
Cheese, Parmesan	1/4 cup	300mg
Cheese, Cottage	1/4 cup	34mg
Corn Tortilla	1 medium	50mg
Cream Cheese	1 oz	23mg
Custard	1/2 cup	161mg
Egg	1 medium	25mg
Ice Cream	1/2 cup	99mg
Lettuce	1/4 head	25mg
Lobster	1 pound	150mg
Macaroni and Cheese	1 cup	300mg
Milk, Buttermilk	1 cup	296mg
Milk, Powdered	1/2 cup	400mg
Milk, Skim	1 cup	300mg
Milk, Whole	1 cup	291mg
Milkshake	1 cup	300mg
Orange	1 medium	50mg
Pancake	4" diameter	50mg
Peanut Butter	2 tbs	25mg
Perrier Water	1 cup	32mg
Pizza	1/4 of 14" pie	300mg
Salmon	3 oz	167mg
Shrimp	3 oz	98mg
Tofu	3 oz	128mg
Waffle	8" diameter	200mg
Yogurt, Plain	1 cup	400mg
Yogurt, Fruited	1 cup	300mg

SOURCES OF IRON

FOOD	AMOUNT	IRON
Almonds	2/3 cup	4.7mg
Apple Juice	1 cup	1.5mg
Apricots (Dried, Uncooked)	10 large	2.3mg
Asparagus, Canned	1/2 cup or 6-7 spears	1.9mg
Asparagus, Frozen	1/2 cup or 6-7 spears	1.1mg
Green Beans	3 1/2 oz	1.1mg
Barley	1/2 cup	2.0mg
Kidney Beans	1/2 cup	1.8mg
Lima Beans, Fresh	2/3 cup	2.5mg
Lima Beans, Frozen	2/3 cup	1.7mg
Bean Sprouts, Raw	1 cup	1.3mg
Beef Heart	3 1/2 oz	5.9mg
Beef Kidneys	3 1/2 oz	7.4mg
Beet Greens	2/3 cup	1.9mg
Bran Breakfast Cereal	1 oz	2.9mg
Raisin Bran	2 cups	4.0mg
Brazil Nuts	2/3 cup	2.4mg
Bread, Enriched White		2.4mg
Bread, Whole Wheat		2.3mg
Broccoli	2/3 cup	1.1mg
Brussels Sprouts	2/3 cup	1.1mg
Cashew Nuts	3 1/2 oz	3.8mg
Chard	2/3 cup	1.8mg
Chickpeas	1/2 cup	6.9mg
Chocolate (bittersweet)	3 1/2 oz	5.0mg
Corn Muffin	2 (2 1/2" diameter)	1.8mg
Corn Syrup	1/3 cup	4.1mg
Cowpeas	2/3 cup	2.1mg
Currants	1 cup	1.0mg
Dandelion Greens	1 cup	3.1mg
Date (Pitted)	1/2 cup	3.0mg
Fania (Enriched)	1/2 cup	5.0mg
Figs (Dried)	5 figs	3.0mg
Filberts	100	3.4mg
Ground Beef	3 1/2 oz	3.2mg
Ham	3 1/2 oz	2.6mg
Kale	1 cup	1.6mg
Lamb	3 1/2 oz	1.3mg
Lentils	3 1/2 oz	2.1mg
Lettuce	4 (large leaves)	2.0mg
Liver, Cow	3 1/2 oz	6.5mg
Macaroni	2/3 cup	1.1mg
Molasses -1st extraction light	1/3 cup	4.3mg
2nd extraction medium	1/3 cup	6.0mg
3rd extraction blackstrap	1/3 cup	11.0mg
Mustard Greens	2/3 cup	1.8mg
Oat Cereal (Enriched)	1 cup	1.2mg
Oysters	5-8 medium	5.5mg
Peanuts	2/3 cup	2.1mg
Peas (Green)	2/3 cup	1.9mg
Pecans	2/3 cup	2.4mg
Pistachio Nuts	3 1/2 oz	7.3mg
Prunes (Dried, Uncooked)	2/3 cup	3.9mg
Prune Juice	1/2 cup	4.1mg
Raisins	2/3 cup	3.5mg
Soybeans	3 1/2 oz	2.8mg
Soybeans (Fermented)	3 1/2 oz	3.7mg
Soybean Flour	1 cup	9.0mg
Spinach (Raw)	3 1/2 oz	3.1mg
Steak	3 1/2 oz	2.9mg
Walnuts	1 cup	3.1mg
Whole Wheat Flour	1 cup	3.3mg
Wheat Flour (Enriched)	1 cup	2.9mg
Wheat Germ	1 cup	9.4mg
Yeast, Brewers	1 tbs	1.4mg