

Daily calcium requirements for the average adult dog

Body weight		Daily Ca requirement ¹	Bone meal powder ²
10 lb	4.5 kg	400 mg	½ tsp
20 lb	9 kg	680 mg	1 tsp
30 lb	13.6 kg	920 mg	1 ¼ tsp
40 lb	18.1 kg	1,140 mg	1 ½ tsp
50 lb	22.7 kg	1,350 mg	1 ¾ tsp
60 lb	27.2 kg	1,550 mg	2 tsp
70 lb	31.7 kg	1,740 mg	2 ¼ tsp
80 lb	36.3 kg	1,920 mg	2 ½ tsp
90 lb	40.8 kg	2,100 mg	2 ¾ tsp
100 lb	45.4 kg	2,270 mg	3 tsp
120 lb	54.4 kg	2,600 mg	3 ¼ tsp
140 lb	63.5 kg	2,920 mg	3 ½ tsp

¹ Daily calcium (Ca) intake for maintenance, in milligrams (mg), for the average adult dog. From *Nutrient Requirements of Dogs and Cats*, National Research Council (NRC), 2006.

Note that it's not simply a matter of using X mg of calcium per pound (lb) or kilogram (kg) of body weight. Big dogs require relatively less calcium per pound or kilogram than small dogs because the requirements are based on 'metabolic' weight (body weight, in kg, to the power of 0.75) rather than actual weight, so the calculation for calcium is 130 mg/(kg^{0.75}).

² One level teaspoon (tsp) = approximately 2.7 grams (2,700 mg) of bone meal powder. Bone meal is only about 30% calcium, so 1 level tsp of bone meal powder contains approximately 810 mg of calcium (2,700 mg x 0.30 = 810 mg).

A 50-lb (23-kg) dog with a daily calcium requirement of 1,350 mg needs a little less than 2 tsp (1 rounded teaspoon would do) of bone meal powder per day if it is her primary or only source of calcium.

Fresh bone is only about 20% calcium, so to figure out how much fresh bone it takes to meet a dog's *weekly* calcium needs, multiply the daily calcium requirement by 7 and then multiply that number by 5 (as calcium makes up only about 1/5th of the weight of a bone). For example, 1,350 mg/day x 7 days = 9,450 mg or 9.45 grams of calcium *per week*; multiplied by 5, that's 47.25 grams of fresh bone per week.

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Adapted from *Feeding Miss Lilly: on feeding dogs a great, nature-inspired diet (revised edition)* by Dr Christine King (Anima Books, 2022).