

# Getting Enough Calcium

# LOVE YOUR BONES

At any age, you can take steps to keep your bones strong. Be sure to consume adequate amounts of calcium and vitamin D. Women over age 50 should consume 1,200 mg of calcium daily. Men between the ages of 51 and 70 should consume 1,000 mg of calcium a day, and men over 70 should consume 1,200 mg per day. This can be done by eating calcium-rich foods and taking calcium supplements. Our noon meal provides at least 400 mg of calcium.

Calcium is a key structural component of bones. Natural sources of calcium, such as dairy products, sardines, and nuts, are preferred calcium sources and also provide high quality protein.

## SOURCES OF CALCIUM

Dairy is the number one food source of calcium in the U.S. diet, and it's affordable and readily available. Other foods also contain calcium. **Choose 3 servings of dairy daily** – plus additional non-dairy sources – to meet daily calcium recommendations.

### DAIRY



#### MILK

plain, 1%, lowfat, 8oz.....**290 mg**  
 plain, fat-free, 8 oz.....**306 mg**  
 chocolate, lowfat, 8 oz.....**288 mg**



#### YOGURT

plain, lowfat, 8 oz.....**415 mg**  
 plain, skim milk, 8 oz.....**452 mg**  
 Greek, plain, nonfat, 8 oz.....**249 mg**



#### CHEESE

parmesan, grated, 1 tablespoon...**55 mg**  
 mozzarella, swiss, provolone, 1 oz....**204-224 mg**  
 cottage, 1 cup.....**138 mg**

## NON-DAIRY

*Source: USDA National Nutrient Database for Standard Reference*



#### BROCCOLI

cooked, without salt, 1 cup.....**62 mg**



#### ALMONDS

24 (1 oz).....**75 mg**



#### LEAFY GREENS

kale, spinach, collard greens, 1 cup.....**179-357 mg**



#### FISH

sardines, canned with bone, 3oz.....**325 mg**  
 salmon, canned with bone, 3 oz.....**181 mg**



#### BEANS

white, kidney, pinto, black, 1 cup.....**74-191 mg**



#### TOFU

firm, prepared with calcium sulfate & magnesium chloride, ¼ block.....**163 mg**



#### MOLASSES

blackstrap, 1 tablespoon.....**172 mg**



# Getting Enough Vitamin D

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Vitamin D helps your body absorb calcium. Exposure to sunlight causes your body to make vitamin D. Many older people don't get enough vitamin D this way, though. Eating more foods with vitamin D can help.

As you grow older, your need for vitamin D increases. People ages 51 to 70 should consume at least 600 international units (IU) of vitamin D daily. People over age 70 should consume at least 800 IUs daily.

Herring, sardines, salmon, tuna, liver, eggs, and fortified milk are good sources of vitamin D. Vitamin D supplements may also be needed. Talk with your doctor about how much vitamin D you need. Taking too much may be harmful.

## Vitamin D

Vitamin D is being studied for its potential to fight diseases and medical problems including cancer, diabetes, hypertension, and autoimmune conditions such as multiple sclerosis.

### Sources of "D"

While most people meet at least some of their vitamin D needs when skin is directly exposed to the sun, fortified foods provide most of Americans' vitamin D.



Natural Food (In International Units)		Fortified Foods	
Sun-dried shiitake mushroom, 3.5 oz	1,600 IU	Margarine, 3.5 oz	429 IU
Cod liver oil, 1 tsp	400-1,000 IU	Milk, 8 oz	100 IU
Fresh wild salmon, 3.5 oz	600-1,000 IU	Orange juice, 8 oz	100 IU
Canned tuna, 3.5 oz	236 IU	Yogurt, 8 oz	100 IU
Egg yolk	20 IU	Cereal, one serving	100 IU

