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 i	mg
plain, fat-free, 8 oz306 I	mg
chocolate lowfat 8 oz	mα



YOGURT

plain, lowfat, 8 oz	mg
plain, skim milk, 8 oz452	mg
Greek, plain, nonfat, 8 oz249	mg



CHEESE

parmesan, grated, 1 tablespoon55	mg	
mozzarella, swiss, provolone, 1 oz20	4-224	mg
cottage, 1 cup138	8 mg	

NON-DAIRY

Source: USDA National Nutrient Database for Standard Reference

PROCCOL
BROCCOI

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

kale, spinach, collard

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

FISH sardines, canned

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

BEAN

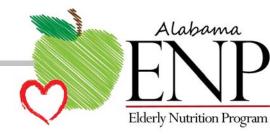
white, kidney, pinto, black, 1 cup.........74-191 mg

TOFU

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

MOLASSES

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



Getting Enough Vitamin D

LOVE YOUR BONES

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	5)
Sun-dried shiitake mushroom, 3.5 oz	1,600 IU
Cod liver oil, 1 tsp	400-1,000 IU
Fresh wild salmon, 3.5 oz	600-1,000 IU
Canned tuna, 3.5 oz	236 IU
Egg yolk	20 IU

Fortified Foods	
Margarine, 3.5 oz	429 IU
Milk, 8 oz	100 IU
Orange juice, 8 oz	100 IU
Yogurt, 8 oz	100 IU
Cereal, one serving	100 IU



The ADSS Nutrition Team, Spring Quarter FY'15 Adapted from: www.cdc.gov; www.nof.org