

Bone Up on

CALCIUM & VITAMIN D

BUILD AND MAINTAIN HEALTHY BONES AND TEETH

Calcium and Vitamin D are two vital nutrients for bone health. They may also reduce the risk for cancer, heart disease, stroke, diabetes, and autoimmune diseases. Calcium is the most abundant mineral in the body. It is needed to support the structure of the teeth and bones. It is also important for the heart, muscles, and nerves to function properly and for blood to clot. Vitamin D is needed for calcium to be absorbed. Without enough Vitamin D and calcium, the body pulls calcium from the bones. This causes them to soften or become fragile.

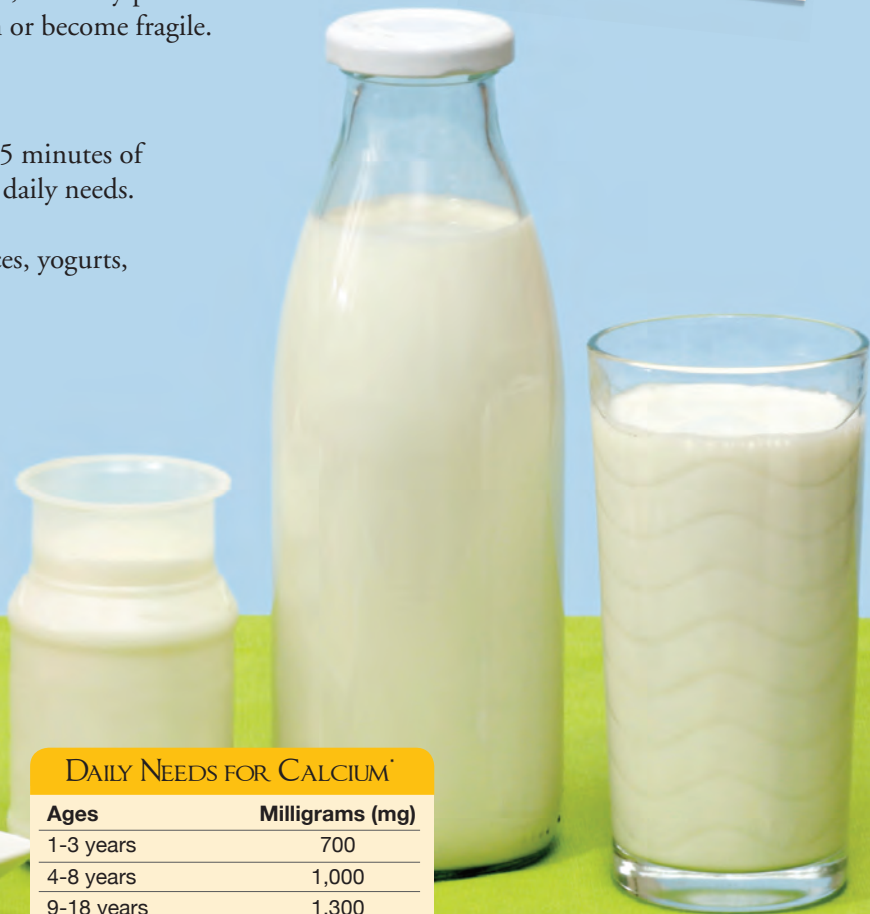
Action Step
Have at least two servings of nonfat or low-fat milk, yogurt or cheese a day. Eat green leafy vegetables and foods fortified with Vitamin D.

SOURCES FOR VITAMIN D

1. Exposure to the sun's ultraviolet B rays. Ten to 15 minutes of midday sunshine (without sunscreen) may meet daily needs.
2. Fish, such as salmon, tuna, and mackerel
3. Fortified foods, such as milk, cereals, orange juices, yogurts, and margarine

SOURCES OF CALCIUM

The best sources of calcium are milk, yogurt, and cheese. Nondairy sources include vegetables, such as broccoli, Chinese cabbage, and kale. Some foods are fortified with calcium. These include cereals, many fruit juices, and tofu.



DAILY NEEDS FOR CALCIUM*	
Ages	Milligrams (mg)
1-3 years	700
4-8 years	1,000
9-18 years	1,300
19-50 years	1,000
51-70 years (males)	1,000
51+ years (females)	1,200
>70 years (males)	1,200
Pregnant and breast-feeding women:	
14-18 years	1,300
19+ years	1,000

Daily Needs for Vitamin D*	
Ages	International Units (IUs)
1-70 years	600
>70 years	800

* Source: Institute of Medicine (IOM).
* Follow your doctor's advice for calcium.

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