

Family Nutrition Program in Pasco

Nutritious Nibbles of Information

November 2008

Calcium for Strong Bones

Why is calcium important?

The most abundant mineral in the body is calcium yet only accounts for 1 to 2% of total body weight. Of that, 99% makes up bones and teeth. The other 1% is found in blood, cell fluids and tissue where it regulates metabolic functions (heart pumping, muscles moving, nerves communicating, etc.).

Calcium is needed to build strong bones. Bones are in a constant state of change, calcium deposits and withdrawals daily. Vitamin D also essential in building strong bones and aids with calcium absorption. Most people do not get enough of either which can lead to bone loss and the disease, osteoporosis. If you don't consume enough calcium in food, the body will take calcium from bones to keep blood calcium at a normal level.



Tips for Making & Keeping Bones Healthy

1. Consume 3 servings of low/non-fat milk or other dairy products (or calcium-fortified products) daily.
2. Avoid smoking and excessive alcohol consumption.
3. Ask your doctor if you need a bone density test (especially if female, over age 50) or a calcium supplement (be sure it contains vitamin D)

4. Be physically active with weight-bearing exercise (walking, running, dancing, lifting weights, etc.) daily.

How much calcium and vitamin D are needed?

Age (male/female)	Calcium (mg/day) mg = milligrams	Vitamin D (IU/day) IU = International Units
1-3	500	200
4-8	800	200
9-18	1,300	200
19-50	1,000	200
51-70	1,200	400
71+	1,200	600

What foods contain calcium and vitamin D?

Research shows most individuals consume approximately 73% of their calcium in milk products; 9% fruit/vegetables; 5% from grains; 12% other sources.

Calcium-rich foods	Vitamin D-rich foods
Dairy products: milk, cheese, yogurt	Fish: herring, salmon, sardines, shrimp
Fortified products: soy foods, orange juice, cereals and pasta,	Fortified cow's milk
Collard/mustard/turnip greens, Kale, Romaine lettuce, broccoli.	Fortified breakfast cereals



This institution is an equal opportunity provider and employer.

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SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237 or visit www.dcf.state.fl.us/ess.

Percentage of Calcium in Some Selected Foods

Food	Serving Size	Milligrams of Calcium	% of Adequate Intake
Turnip greens	½ cup	100	10
Tempeh	½ cup	75	7.5
Okra	½ cup	75	7.5
Mustard greens	½ cup	50	5
Kale	½ cup	45	4.5
Broccoli	½ cup	45	4.5
Rutabaga	½ cup	40	4
Chinese cabbage, raw	½ cup	30	3
Lettuce greens	½ cup	10	1
Calcium fortified orange juice			
Calcium fortified orange juice	¾ cup	225	22.5
Dried figs (protein)	3	90	9
Orange	1	50	5
Milk			
Yogurt, plain, nonfat	1 cup	450	45
Tofu	½ cup	435	43.5
Yogurt, plain low fat	1 cup	415	41.5
Yogurt, fruit	1 cup	315	31.5
Milk, fat free	1 cup	300	30
Milk, 2%	1 cup	295	29.5
Milk, whole	1 cup	290	29
Chocolate milk, 1%	1 cup	285	28.5
Chocolate milk, 2%	1 cup	285	28.5
Swiss Cheese	1 ounce	270	27
Calcium fortified soy milk	8 ounces	250-300	25-30
Cheddar cheese	1 ounce	205	20.5
Mozzarella cheese	½ cup	185	18.5
Tofu, raw, without calcium	½ cup	130	13
Frozen Yogurt	½ cup	105	10.5
Ice cream	½ cup	85	8.5
Cottage cheese	½ cup	75	7.5
Parmesan cheese	1 tablespoon	70	7
Milk chocolate bar	1 ounce	70	7
Cream cheese	2 tablespoons	25	2.5
Meat* and Beans			
*Salmon, canned (protein)	3 ounces	205	20.5
*Sardines (protein)	1 ounce	90	9
*Anchovies (protein)	5	40	4
Pinto beans	½ cup	40	4
*Tuna, canned (protein)	3 ounces	10	1
Miscellaneous			
Cheese pizza	1/8 of pizza	220	22
Macaroni and cheese	½ cup	180	18
Blackstrap molasses (sweets)	1 tablespoon	170	17
Pudding (sweets)	½ cup	150	15