

# The Importance of Calcium



It is estimated that 10 million Americans suffer from osteoporosis and another 18 million Americans have low bone mass. 300,000 Americans each year suffer from hip fractures and 20% of these hip fractures lead to death within 1 year. This is preventable!

## *How can you make your bones stronger?*

- Meet your calcium needs everyday! Refer to the box below titled “Suggested Calcium Intake” and the list of food sources of calcium to determine how you will meet your needs daily.
- Some individuals are lactose intolerant. Their body is deficient in the enzyme lactase, which is needed to break down milk sugar. When they consume lactose they experience cramping, diarrhea and bloating. Calcium is still important! You may purchase lactose-free dairy products or consume non-dairy sources to meet your daily calcium needs.
- Vitamin D aids in calcium absorption. Vitamin D is formed naturally in the body after 15 minutes of exposure to sunlight. If your sunlight exposure is limited then consider a vitamin D supplement or purchase foods fortified in vitamin D.
- Exercise and weight-bearing activity helps maintain bone mass. Become more active!

<u>Suggested Calcium Intake:</u>	
<u>Age</u>	<u>Calcium</u>
<b>Infants</b>	
0-6 mos	200 mg
7-12 mos	260 mg
<b>Children</b>	
1-3 yrs	700 mg
4-8 yrs	1000 mg
<b>Males &amp; Females</b>	
9-18 yrs	1300 mg
19-50 yrs	1000 mg
51- 70 yrs (males)	1000 mg
>70 yrs (males)	1200 mg
51 + yrs (females)	1200 mg
<b>Pregnant &amp; Lactating Women</b>	
18 yrs or less	1300 mg
19-50 yrs	1000 mg

## Dairy Sources of Calcium

1c milk	297 mg
1c yogurt	314 mg
1 oz cheese	204 mg
½ c ice cream	137 mg
½ c pudding	120 mg
½ c cottage cheese	77 mg

## Non-Dairy Sources of Calcium

3 oz sardines w/ bones	324 mg
1 c amaranth	298 mg
½ c turnip greens	246 mg
3 oz salmon w/ bones	203 mg
¾ c kale	179 mg
1 tbsp blackstrap molasses	172 mg
½ c collard greens	168 mg
1 c soybeans	132 mg
3 oz perch w/ bones	117 mg
¼ c almonds	94 mg
½ c broccoli	89 mg
1 tbsp sesame seeds	88 mg
½ c spinach	84 mg
1 medium papaya	72 mg
1 medium orange	60 mg
½ c dried beans	42 mg
1 slice wheat bread	18 mg

## Calcium-Fortified Foods

1 c calcium-fortified juice	300 mg
1 c calcium-fortified rice/soymilk	300 mg
1 c calcium-fortified cereal	150-300 mg
½ c calcium-fortified Tofu	145 mg
2 calcium-fortified waffles	120 mg