

Are you getting enough calcium?

Calcium helps keep your bones strong; many adults need to take in at least 1,200 mg of it every day.

Here are some foods that will help you reach your daily recommended amount of calcium.

8 oz. glass of milk=300 mg
8 oz. plain yogurt=450 mg
1 cup cottage cheese=140 mg
1 oz. cheddar cheese=200 mg
1/2 cup vanilla ice cream=120 mg
8 oz. orange juice*=300 mg
*calcium-fortified

3 (8 oz.) of milk and 1 (8 oz.) of fortified OJ=1,200mg

Your body absorbs calcium best in doses of 500mg or less at one time. So, taking smaller doses (like those listed above) several times during the day might be the best way to reach a total of 1,200mg.

If you have access to the internet, an easy-to-use program to calculate the calcium content in foods can be found at <http://www.myoptumhealth.com/portal/ManageMyHealth/Calcium+Calculator>

If you don't get enough calcium in your diet, you might need a calcium pill. **Calcium carbonate** should be taken with meals. **Calcium citrate** does not need to be taken with meals. Ask your doctor what is best for you.

Are you getting enough Vitamin D?

Vitamin D is important because it helps you absorb calcium and keep your bones strong. Many adults need at least 800-1,000 units of vitamin D per day, or more. Foods and sunlight are good ways to get vitamin D. You may need to take a vitamin D supplement if you don't get enough in your diet—talk to your doctor.

SOURCES of VITAMIN D

Natural sunlight
Low-fat fortified milk
Swiss cheese
Butter/margarine
Fortified ready-to eat cereal
Fish (tuna, mackerel, salmon)

If you have access to the internet, a helpful resource about vitamin D can be found at

<http://ods.od.nih.gov/factsheets.vitamind.asp>



The Alosa Foundation

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition.

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