

# CALCIUM & VITAMIN D INTAKE FOR OSTEOPOROSIS



Calcium is key to bone- our skeleton houses 99% of our body's calcium stores. It is absorbed in the gut with the help of Vitamin D. Those who have more Vitamin D are able to absorb more calcium.

## Recommended Calcium Intake:

Age 19-50 years: 1000mg daily  
 Age 51-70 years: Female 1200mg daily  
 Males 1000mg daily

## Calcium Supplementation

Calcium Carbonate is best absorbed with food.  
 Calcium Citrate is better if you are taking an antacid.

500mg of Tums (calcium carbonate): 1-2 tabs daily  
 500mg calcium citrate: 2 tabs daily

## Recommended Vitamin D Intake

35% of Americans are Vitamin D deficient!  
 Chronically low Vitamin D can lead to osteoporosis.  
 It may also contribute to fatigue, depression, Alzheimer's, multiple sclerosis, and colon cancer.

Supplement with Vit D3 800-2000IU daily

Vitamin D is absorbed best with food, and if you forget to take a dose, you can double up your dose the next day!

## Foods Rich in Calcium

Produce		Calcium
Collard greens, cooked	1 cup	266 mg
Kale, cooked	1 cup	179 mg
Bok Choy, cooked	1 cup	160 mg
Broccoli rabe, cooked	1 cup	100 mg
Figs, dried	2 figs	65 mg
Broccoli, fresh/cooked	1 cup	60 mg
Oranges	1 whole	55 mg

Dairy		Calcium
Ricotta, part skim	4 oz	335 mg
Yogurt, plain, low-fat	6 oz	310 mg
Milk, skim, low-fat	8 oz	300 mg
Mozzarella, part-skim	1 oz	210 mg
Cheddar	1 oz	205 mg
Yogurt, Greek	6 oz	200 mg
American Cheese	1 oz	195 mg
Feta Cheese	4 oz	140 mg
Cottage Cheese, 2%	4oz	105 mg

Fortified Food		Calcium
Almond/Soy Milk	8 oz	300 mg
Tofu	4 oz	205 mg
Waffle, frozen	2 pieces	200 mg
Oatmeal	1 packet	140 mg
English Muffin	1 muffin	100 mg
Cereal	8 oz	100-1,000 mg

Seafood		Calcium
Sardines, canned	3 oz	325 mg
Salmon, canned	3 oz	180 mg

Other		Calcium
Mac & Cheese, frozen	1 pack	325 mg
Beans, baked, canned	4 oz	160 mg
Chia Seeds	2 Tbsp	134 mg
Almond Butter	2 Tbsp	100 mg

