

# PROTECT BONE

## with calcium and vitamin D.

### Calcium builds stronger bones.

---

Calcium is a mineral that promotes good bone health and can benefit your overall well-being. Calcium is particularly important for postmenopausal women, who are at increased risk of osteoporosis. Although it cannot prevent osteoporosis on its own, adequate daily intake may help to slow down bone loss.

Your recommended daily intake of calcium changes over your lifetime, as shown in the table below.

Age	mg/day
Birth to 6 months	210
6 months to 1 year	270
1–3 years	500
4–8 years	800
9–18 years	1300
19–50 years	1000
Over 50 years	1200

The amount of calcium needed for good bone health is influenced by diet, hormones, medications, age, and genetic factors. Therefore, it is important for you to discuss your unique calcium needs with your doctor or other healthcare professional.

### Proper absorption requires vitamin D.

---

For calcium to be effective, it needs to be properly absorbed by the body. Adequate levels of vitamin D (400–800 IU per day) are needed for the best calcium absorption.

Your body manufactures vitamin D in response to sunlight. Chief dietary sources of vitamin D include vitamin D–fortified milk and cereals, egg yolks, saltwater fish, and liver. Some people may need to supplement these natural sources. The amount of vitamin D found in multivitamins is generally enough to support calcium absorption, but too much vitamin D can be harmful, so be sure to speak with a healthcare professional before adding a vitamin D supplement to your diet.

## Get calcium at the source.

Dairy products are rich in calcium, but other foods are excellent sources as well. Below is a table of some foods that are good sources of calcium.

Food	Serving size	Calcium content (mg)
Milk, skim	8 oz	302
Milk, whole	8 oz	291
Fruit juice, calcium fortified	8 oz	300
Mozzarella, part skim	1 oz	207
Cheddar	1 oz	204
Cottage cheese, low fat	4 oz	78
Yogurt, low fat	8 oz	250–400
Frozen yogurt, chocolate	8 oz	160
Broccoli, fresh, cooked, drained	1 cup	178
Broccoli, frozen, cooked, drained	1 cup	94
Collards, fresh, cooked, drained	1 cup	148
Tofu*	4 oz	130
Sardines, canned in oil	3 oz	375
Salmon, canned, drained	3 oz	167

\*Tofu processed with calcium salts can contain as much as 300 mg of calcium. See label for specific information.

It is best to get your daily calcium requirements from dietary sources, but supplements can be used if you cannot get enough calcium in your diet.

Talk with your doctor or other healthcare professional before choosing a supplement because there are many different types of calcium supplements available. If you take supplements, the calcium is best absorbed if taken with meals and if the dose is split so that you take no more than 500 mg at one time.