



Bone Health Tips:

- ◆ Be physically active
- ◆ Do not smoke or use alcohol to excess
- ◆ Men up to age 50 years should get 1,000 mg calcium each day, and men over age 51 should get 1,200 mg

Examples of Food Sources of Calcium:

<u>Food</u>	<u>Serving Size</u>	<u>Amount of Calcium (mg)</u>
Taco with cheese	1 large	340
Tofu, raw, firm, calcium-set	4 ounces, or 1/2 cup	258
Salmon, canned, with bones	3 ounces	203
Tomato soup, prepared with milk	8 ounces	186
Instant Oatmeal	1 package	150
Pizza with cheese	1/8 of 12-inch pizza	115
Macaroni and cheese	1 cup	100

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Examples of Food Sources of Calcium:

<u>Dairy Foods</u>	<u>Serving Size</u>	<u>Amount of Calcium (mg)</u>
Low-fat Yogurt, with fruit	8 ounces	350
Fat-free or Skim Milk	8 ounces	302
Yogurt, frozen	8 ounces	278
Cheese, Swiss	1 ounce	273
Cheese, parmesan	1/4 cup	250
Cheese, cheddar/colby/ mont. jack/mozzarella	1 ounce	~ 200
Pudding	4 ounces, or 1/2 cup	150
Low-fat Ice Cream	4 ounces, or 1/2 cup	100

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Calcium Supplement Tips:

- If you don't usually get enough calcium from your food choices, ask your health care provider about a calcium supplement.
 - The supplement label shows the amount of elemental calcium each tablet has. This is the amount of calcium that will be absorbed into your body. Calcium carbonate provides 40% and calcium citrate provides 21% elemental calcium. Decide how many tablets you need to reach the target amount of calcium.
 - Look for the letters "USP" on the label to ensure purity and quality.
 - Take calcium carbonate immediately after a meal, so that stomach acid can assist its breakdown. Take calcium citrate any time of day. Calcium citrate is appropriate for people who are allergic to oyster shell.
 - Avoid taking a calcium supplement when you eat a high-fiber meal or take a bulk-forming laxative, since fiber reduces the amount of calcium you can absorb from a calcium supplement.
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Get the Right Amount of Vitamin D for Healthy Bones

The amount of Vitamin D recommended is 400 to 1,000 international units (IU) – but not more than 2,000 IU – each day. Vitamin D requirements can be met by getting 10 to 15 minutes of daily sun exposure on your skin (without sunscreen). Or, get enough vitamin D from foods or a vitamin D supplement.

Examples of Food Sources of Vitamin D:

<u>Food</u>	<u>Serving size</u>	<u>Amount of vitamin D (IU)</u>
Milk	8 ounces	100
Cod liver oil	1 Tablespoon	1,360
Salmon, cooked	3 1/2 ounces	360
Mackerel, cooked	3 1/2 ounces	345
Sardines, canned in oil	1 3/4 ounces	250
Tuna fish, canned in oil	3 ounces	200

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