

## **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,<br>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                           |
| <u>Dairy Foods:</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/<br>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                           |

## **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.

## **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                             |