

Calcium and Vitamin D

Calcium is an Important Mineral That Helps:

- Our bones and teeth stay strong
- Our muscles move when we exercise
- Our body stay at a healthy weight
- Our skin to form scabs when we get cut
- Our body maintain a healthy blood pressure

Vitamin D is an Important Nutrient That Helps:

- Our body absorb calcium and prevent osteoporosis
- Regulate insulin and blood sugar and prevent type 2 diabetes and heart disease
- Prevent the following types of cancer: bladder, breast, colon, ovarian, prostate and rectal
- Prevent falls and muscle weakness
- Regulate immune function

Men, women and children have different calcium needs, which change with age. Vitamin D is a nutrient that works together with calcium and is essential for children and adults.

Calcium and Vitamin D Requirements

<i>Age</i>	<i>Daily Calcium</i>	<i>Daily Vitamin D</i>
1 to 3 years	700 mg	600 IU
4 to 8 years	1,000 mg	600 IU
9 to 18 years	1,300 mg	600 IU
19 to 49 years, men up to 71 years	1,000 mg	600 IU
Women over 51, men over 71	1,200 mg	600-800 IU
Individuals with osteoporosis	1,500 mg	800 IU
Pregnant & Breastfeeding:		
Below age 18	1,300 mg	600 IU
19 and older	1,000 mg	400-800 IU

How to get the Calcium and Vitamin D Your Body Needs

Many foods, especially dairy products, are naturally rich sources of calcium. You can identify the good sources of calcium (both natural and fortified) and the amount a food provides on the food lists on the back of this page.

Few foods, other than fatty fish and fish liver oil, are naturally rich sources of vitamin D, and some foods are fortified with vitamin D, such as milk. Vitamin D is usually produced in your body when your skin is exposed to sunshine. Talk with your doctor to determine if you should rely on sun exposure for vitamin D.

If you don't get enough calcium from your diet and if your doctor tells you that your vitamin D levels are low, you can take over-the-counter supplements. Talk to your health care provider to determine if a calcium or vitamin D supplement is necessary and how much you need to take.

Calcium Content of Foods

Dairy

FOOD	SERVING SIZE	CALCIUM (MG)*
MILK		
Milk, non-fat, dry, instant	1/3 cup	500
Milk: whole, low-fat, nonfat, buttermilk and chocolate	1 cup	250 - 300
Pudding made with milk	½ cup	155
Rice milk & Soy milk, <i>fortified</i>	1 cup	300 - 370
Soy milk	1 cup	55
YOGURT & ICE CREAM		
Frozen yogurt	½ cup	100
Ice cream	½ cup	85 - 110
Yogurt (whole, low-fat, and nonfat) plain and fruit-flavored	1 cup	275 - 450
CHEESE		
American cheese	1 oz.	160
Brie cheese	1 oz.	50
Hard cheese (cheddar, Swiss, mozzarella, provolone)	1 oz.	200 - 220
Soy cheese, fortified	1 oz.	200
Cottage cheese	½ cup	80
Ricotta cheese (<i>part skim</i>)	½ cup	335

Non-Dairy

	SERVING SIZE	CALCIUM (MG)*
VEGETABLES & SOY		
Broccoli, cooked	½ cup	30
Dried beans and peas	½ cup	50 - 100
Leafy greens (mustard, beet, kale, collards, dandelion, spinach) cooked	½ cup	70 - 180
Soybeans	½ cup	130
FISH		
Salmon, canned (<i>with bones</i>)	3 oz.	180
Sardines, drained (<i>with bones</i>)	3 oz.	325
Tuna, light, canned in oil, drained	3 oz.	10
NUTS & SEEDS		
Almonds	1 oz. or 23 nuts	75
Nuts – most varieties	1 oz.	30
Seeds	1 oz.	20
Tofu, fortified with calcium sulfate or lactate	1/4 cup	215
OTHER		
Cereal bar, calcium fortified	1 each	300
Orange juice, calcium fortified	½ cup	175 - 200
Molasses, Blackstrap	1 Tbsp	170
Tortillas, corn (6 inch)	2 each	100

Vitamin D Content of Foods

FOOD	SERVING SIZE	VITAMIN D (IU)
Cod liver oil	1 Tbsp	1360
Salmon, wild caught	3 oz.	400 - 800
Catfish	3 oz.	425
Tuna (canned in oil) or Mackerel	3 oz.	230 - 345
Milk, fortified	1 cup	90 - 125

* Values are rounded to the nearest 5 mg and may be averaged with similar foods in group
 Source: American Dietetic Association Nutrition Care Manual Calcium Content of foods

To look up other foods, visit the USDA Nutrient Database online at www.nal.usda.gov/fnic/foodcomp/search/