

Calcium and Vitamin D

Calcium needs change with age. Vitamin D works together with calcium and is essential for children and adults.

Calcium:

- Strengthens bones and teeth.
- Helps muscles move during exercise.
- Maintains healthy blood pressure.

Vitamin D:

- Helps the body absorb calcium and prevent osteoporosis.
- Regulates immune function.

Calcium and Vitamin D Recommendations

Age	Daily Calcium	Daily Vitamin D
0 to 6 months	200 mg	400 IU
6 to 12 months	260 mg	400 IU
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 50 years	1,000 mg	600 IU
Women over 51	1,200 mg	600 IU
Men over 71	1,200 mg	800 IU
People with osteoporosis	1,500 mg	800 IU
Pregnant or breastfeeding:		
Under age 18	1,300 mg	600 IU
19 and older	1,000 mg	600 IU

How to Get Enough Calcium and Vitamin D

Many foods, especially dairy products, are naturally rich sources of calcium. Few foods, other than fatty fish and fish liver oil, are naturally rich sources of vitamin D, although some foods, such as milk and cereals, are fortified with vitamin D.

Your body produces vitamin D when your skin (without sunscreen) 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 says that your vitamin D levels are low, over-the-counter supplements can help. Talk to your healthcare provider to decide if you need a calcium or vitamin D supplement.

Calcium-Rich Foods

Food	Serving	Calcium (mg)
Broccoli rabe, cooked	3 ounces	100
Cheddar cheese	1 ounce	205
Collard greens, cooked	8 ounces	179
Cottage cheese, 2%	4 ounces	105
Ice cream, vanilla	8 ounces	85
Kale, cooked	8 ounces	94
Milk, nonfat, low-fat, or whole	8 ounces	302
Molasses, blackstrap	1 tablespoon	170
Nondairy milk (almond, rice, soy), fortified	8 ounces	300
Orange juice, fortified	6 ounces	200-260
Parmesan cheese	1 ounce	336 mg
Poppy seeds	1 tablespoon	127
Ricotta, part-skim	4 ounces	335
Salmon, canned, with bones	3 ounces	180
Sardines, canned, with bones	3 ounces	324
Soybeans (edamame), cooked	1 cup	261
Tofu, fortified	4 ounces	205
White beans, canned	8 ounces	191
Yogurt, plain, low-fat	6 ounces	310

Vitamin D-rich Foods

Food	Serving	Vitamin D (IU)
Cod liver oil	1 teaspoon	450
Egg yolk	1 large	41
Mackerel	3 ounces	388
Milk, D-fortified	8 ounces	120
Salmon, wild	3 ounces	720
Sardines, canned	3 ounces	164

Sources:

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