



Calcium and Vitamin D

What's in it for you?

Bones don't come with a lifelong guarantee. They need continuous maintenance or they can break down and weaken. Getting enough Calcium and Vitamin D in your body can help strengthen your bones!

What is Calcium and why is it important?



- Calcium is a mineral important for forming and keeping bones and teeth strong. The majority (99%) of calcium is found in teeth and bones.
- The remaining 1% of calcium is found in muscles and helps with muscle contraction and other body functions.
- Calcium prevents osteoporosis and high blood pressure or hypertension.
- Adults ages 51 and older need at least 1200 milligrams of calcium a day.
- Exercising, such as walking 15-30 minutes a day, helps the body to absorb calcium.

What is Vitamin D and why is it important?



- Vitamin D is a fat soluble vitamin that is used as a hormone to help:
 - Prevent osteomalacia and rickets by helping with the absorption of calcium and phosphorus from the intestines
 - Mobilize calcium and phosphorus from bones into the blood
 - Stimulate kidneys to retain calcium and phosphorus, and make it available for bone formation or maintenance
- Researchers are not yet sure of the optimal daily dose of Vitamin D; A good starting point is 400-800 IU a day.
- 5-10 minutes a day in the sun can make 3,000 IU of Vitamin D!

What foods contain Calcium and Vitamin D?



- Good sources of Calcium: milk, yogurt, cheese, sardines, salmon, collards or spinach, tofu and other fortified foods such as cereal, orange juice and milk alternatives.
- Good sources of Vitamin D: salmon, trout, tuna, herring, halibut, flatfish, sardines, pork, eggs, mushrooms and fortified foods such as cereal, orange juice, milk and milk alternatives

Sources: <https://www.gannett.cornell.edu> and <http://www.eatright.org/>

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