Good Food Sources of Calcium

Values Expressed in mg

Yogurt (1 cup)=	*415*
Calcium Fortified Orange Juice (1 cup)=	*350*
Milk (1 cup) skim, 1%, 2%, whole=	*300*
Total Cereal(3/4 cup)=	*250*
Frozen Yogurt (1 cup)=	*248*
Cheese (1 ounce)=	*204*
Cottage Cheese (1 cup)=	*154*
Pudding (1/2 cup)=	*144*
Tofu (1/2 cup)=	*130*
Ice Cream (1/2 cup)=	*118*
Broccoli (1 cup)=	*94*
Sardines (2) =	*92*
Calcium Fortified Bread (1 slice) =	*40*

Calcium Quiz!

1. How many servings of milk should you have each day?

2. What does calcium do for your body?

3. Circle the foods that have Calcium in them?

Cheese

Sardines

Carrots

Broccoli

Ice cream

Banana

Apple

Answers to Quiz

1. 4 servings to achieve the 1,200 mg needed per day.
2. Helps build your bones and keeps them strong and controls your blood pressure.
3. Cheese, Sardines, Broccoli, Ice Cream

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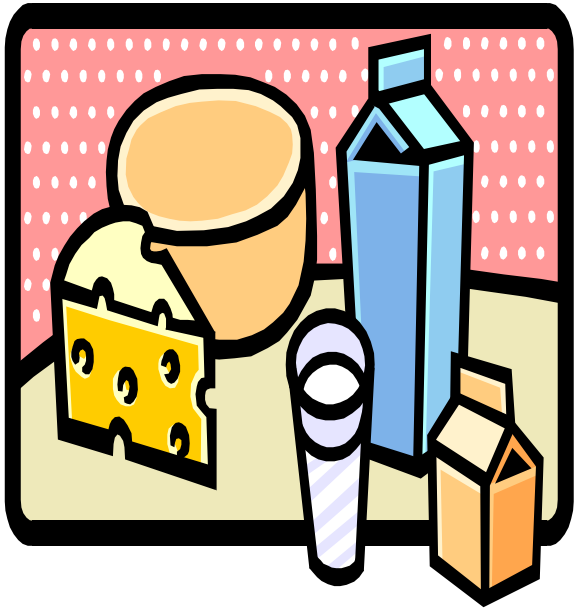
Calcium: For Bones and Blood Pressure



Consume at least 1,200 mg of Calcium per day!

Problems Associated with Low Intake of Calcium

- Osteoporosis

This disease causes thinning of the bones. This can lead to back pain, loss of height, bone fractures, and dowager's hump (large bump on the back) or stooped posture. Over 25% of women and 10% of men over the age of 50 develop osteoporosis.

Risk factors for Osteoporosis include: small body build, thin, Caucasian or Asian, lack of exercise, smoking, low intake of calcium and alcohol use.

- High Blood Pressure

(Also called Hypertension)

Low consumption of calcium can increase blood pressure in some people.

What Can I Do?

- Consume enough calcium everyday: *Most men and women over the age of 51 need at least 1,200 mg of calcium per day. This is equal to 4 (8 ounce) glasses of milk!
- Exercise daily with your doctor's approval.
- Drink alcohol in moderation. (1 drink daily or not at all.)
- Quit smoking or cut back.
- Consult with your doctor if you suspect or have osteoporosis.

*Consult with your doctor before increasing your intake of calcium. Some people with certain diseases, such as kidney disease, may need to follow a lower calcium diet.

A Word About Supplements!

Some people may not be able to consume adequate amounts of calcium due to an intolerance or dislike of dairy foods. There are calcium supplements available, but you need to know which one to use. **

- BEST– Calcium Citrate- brand names such as Citracal or Solgar, can also be found in generic. It is the easiest for the Mature Adult to digest because you don't need a lot of stomach acid. Take on an empty stomach.
- GOOD– Calcium Carbonate- brand names such as Caltrate, One-A-Day, Os-Cal, Tums and can also be found in generics. Take with your meals.
- GOOD– Calcium phosphate- brand names such as Posture-D and Your Life. May be less likely to cause constipation. Take with your meals.

**Consult with your doctor before starting a supplement. Some calcium supplements may interact with other medication.