



# Bone Up on Calcium & Vitamin D

Calcium supports the structure of the teeth and bones. Vitamin D is needed for calcium to be absorbed. Without enough Vitamin D and calcium, the body pulls calcium from the bones. This causes them to soften or become fragile.

## SOURCES FOR VITAMIN D

1. Exposure to the sun's ultraviolet B rays. Ten to 15 minutes of midday sunshine (without sunscreen) may meet daily needs.
2. Fish, such as salmon, tuna, and mackerel
3. Fortified foods, such as milk (dairy and some plant-based milk), cereal, orange juice, yogurt, and margarine

## SOURCES OF CALCIUM

The best sources of calcium are milk, yogurt, and cheese. Nondairy sources include vegetables, such as broccoli, Chinese cabbage, and kale. Some foods are fortified with calcium, such as plant-based milk, fruit juice and tofu.

Daily Needs for Calcium*	
Ages	Milligrams (mg)
1-3 years	700
4-8 years	1,000
9-18 years	1,300
19-50 years	1,000
51-70 years (males)	1,000
51+ years (females)	1,200
>70 years (males)	1,200
<i>Pregnant &amp; breastfeeding women:</i>	
14-18 years	1,300
19+ years	1,000

\* Source: Institute of Medicine (IOM).

\* Follow your doctor's advice for calcium.

Daily Needs for Vitamin D*	
Ages	International Units (IUs)
1-70 years	600
>70 years	800

\* Source: Institute of Medicine (IOM).

\* Follow your doctor's advice for vitamin D.

## ACTION STEP

Have at least two servings of nonfat or low-fat milk, yogurt or cheese a day. Eat green leafy vegetables and foods fortified with Vitamin D.

