

Calcium & Vitamin D

Calcium and vitamin D help to build strong bones, help with muscle movement, and help nerves carry message between the brain and body. Vitamin D also helps boost the immune system.

Calcium absorption is blocked by high phosphorous diets (large amounts of meat and soda), increased caffeine, cigarette smoking, low estrogen levels, and low vitamin D levels.

We get most of our vitamin D from direct sunlight. Sunblock and darker skins repel most of the sunlight. We can also get some from fatty fish and fortified foods.

Vitamin D Recommended Intake

Age	Daily Recommended Intake
0-12 months	400 IU
1-18 years	600 IU

Calcium Recommended Intake

Age	Daily Recommended Intake
<5 months	200 mg/day
6-11 months	260mg/day
1-3 years	700 mg/day (2-3 servings)
4-8 years	1,000 mg/day (2-3 servings)
9-18 years	1,300 mg/day (4 servings)

FOOD FOR STRONG BONES

When it comes to building strong bones, there are two key nutrients:

CALCIUM

Supports your bones and teeth structure.



VITAMIN D

Improves calcium absorption and bone growth.





Dietary Sources of Calcium

Milk (8 oz)	300 mg	Bok Choy (1 cup)	150 mg
Yogurt (8 oz)	400 mg	Turnip Greens (1 cup)	200 mg
Ice cream (8 oz)	275 mg	Tofu (4 oz)	150-250 mg
Cheese (1 oz)	200 mg	Almonds (1/4 cup)	90 mg
Fortified Orange Juice (8 oz)	300 mg	Almond Butter (2 Tbsp)	90 mg
Fish (3 oz)	100-175 mg	Sesame Tahini (1 Tbsp)	64 mg
Collards (1 cup)	250 mg	Northern Beans (1 cup)	120 mg
Broccoli (1 cup)	100-140 mg	Navy Beans (1 cup)	125 mg
Spinach (1/2 cup)	120 mg	Soybeans (1 cup)	175 mg

Dietary Sources of Vitamin D

Food	Serving Size	International Units per Serving
Cod liver oil	1 Tbsp	1,360
Swordfish, cooked	3 oz	566
Salmon (sockeye), cooked	3 oz	447
Tuna fish, canned in water, drained	3 oz	68
Liver, beef, cooked	3 oz	41
Egg (yolk)	1 large	41
Cheddar cheese	1.5 oz	10
Milk, nonfat, reduced fat, and whole, vitamin D fortified	1 cup	115 to 124
Orange juice, vitamin D fortified	1 cup	100
Soy milk, vitamin D fortified	1 cup	119

