

Build Strong Bones & Maintain Bone Strength With Calcium

How Much Calcium is Needed Each Day?

Children	
1-3 years	700 mg/day
4-8 years	1,000 mg/day
9-18 years	1,300 mg/day
Adults	
19-50 years	1,000 mg/day
51 + years (Males)	1,000 mg/day
51 + years (Females)	1,200 mg/day
70 + years	1,200 mg/day

Taking too much calcium (more than 2000-2500 mg/day) will have unwanted side effects.

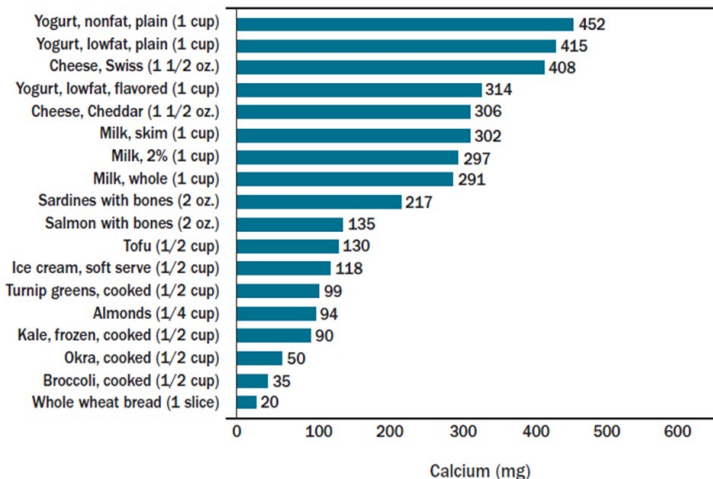
Make Sure You're Getting Enough Calcium In Your Daily Diet!

- ◆ Calcium is important at any age and the first choice for adequate calcium intake is from food.
- ◆ You need the equivalent of 3-4 eight-ounce glasses of milk each day to meet your calcium requirements.
- ◆ Remember to eat calcium-rich foods several times throughout the day.
- ◆ Calcium plays an important role in keeping bones strong, but calcium alone cannot prevent or cure osteoporosis.

Calcium Contribution of Foods

Source: USDA Agricultural Handbook 8-1.

*Check food labels. The amount of calcium in different brands varies.



Calcium To Prevent Bone Loss

If you're not getting enough calcium for other body processes, such as your heart and nerve function, your bones become your body's emergency supply of calcium. When this happens, your bones become weak and can break easily. Many women consume only half of the daily recommended amount of calcium.

Read the Nutrition Label

Nutrition Facts	
Serving size 1 cup (236mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5 mg	2%
Sodium 125 mg	5%
Total Carbohydrate 13 g	4%
Dietary Fiber 0g	0%
Sugars 12 g	
Protein 8 g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Example: 30% = 300 mg.

To find out the milligrams (mg) of calcium per serving, add a 'zero' to the % Daily Value and remove % sign.

Calcium (Ca) Supplements

- ◆ Talk to your health care provider or a registered dietitian about foods that are high in Ca and bone-building nutrients. If you don't think you're getting enough Ca from your diet, Ca supplements may meet your needs.
- ◆ Discuss supplement options such as Ca carbonate (Tums® or Caltrate®) or Ca citrate (Citracal+D®) with your health care provider. Some Ca supplements, such as Ca carbonate, work best if taken with food.
- ◆ Since multivitamin/mineral pills have Ca, this amount in addition to dietary Ca may be all you need.
- ◆ Check with your health care provider about drug/supplement interactions.

Vitamin D For Calcium Absorption

- ◆ The recommended dose is 600-800 IU (International Units) of vitamin D each day. Note: Too much vitamin D can be toxic; do not exceed 4000 IU daily unless prescribed by a physician.
- ◆ Nearly all multiple vitamins have vitamin D and it is also available in many foods, including milk.
- ◆ 10-15 minutes outdoors with direct sun on your hands, arms and face two or three times a week will also provide vitamin D. But too much sun exposure is associated with risk of skin cancer. In New Jersey, vitamin D from the sun only occurs from April to October. Vitamin D cannot be absorbed through windows and sunscreen blocks the absorption of vitamin D.

If You Already Have Osteoporosis

Proper nutrition, exercise and appropriate medical management are all important parts of a complete treatment program.

The Interagency Council on Osteoporosis
and the
NJ Department of Human Services
Prepared by: Sue Shapses, Rutgers University, November 2014

www.state.nj.us/humanservices/doas/healthy/osteoporosis

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