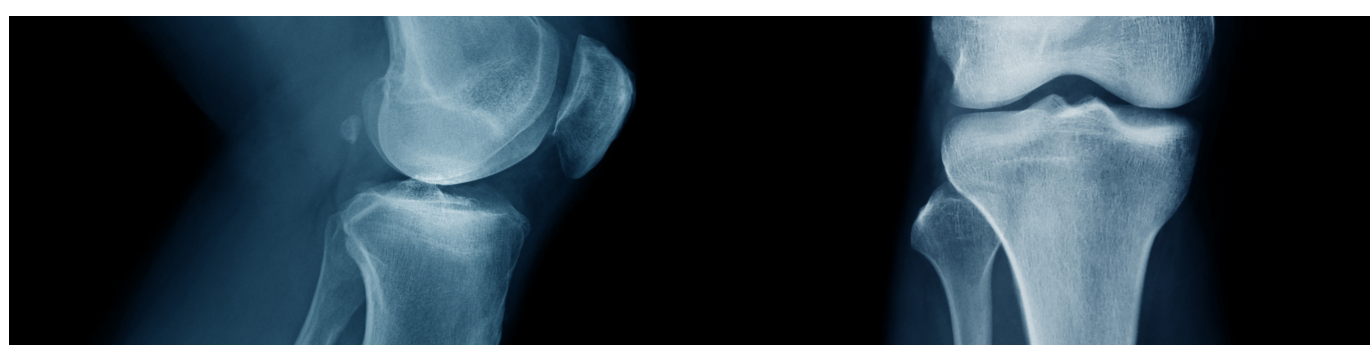


Calcium, along with phosphorus, fluoride, Vitamin D and other nutrients, is essential to bone formation.

CALCIUM

Function Of Calcium

- About 1% of the calcium in our bodies is used to support metabolic functions, including muscle contraction. The other 99% is found in bones and teeth where it provides both a structural and functional role. Bone is a living tissue that is always “under construction.” Old tissue is removed from bone and new bone tissue is laid down in a continually active remodeling process that occurs throughout one’s life. In addition to maintaining both short- and long-term bone health, calcium plays an important role in nerve impulse conduction and muscle contraction, regulation of blood pressure and maintaining a regular heartbeat, blood clotting, maintaining water balance, secretion of hormones, and normal brain function.



What Is Osteoporosis?

- It is a condition where the structure of the bone is weakened due to decreased bone mass. Osteoporosis increases the risk of fractures.
- Estrogen is a hormone that affects bone and any time there is a drop of estrogen, bone loss will follow. This occurs in women who become amenorrhoeic (their period's stop) and after menopause.
- It is very important to strengthen bones in our first 30 years to make sure we have enough calcium and other minerals for the rest of our life.

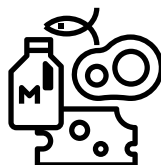
How Can I Safeguard My Bones?

Exercise:



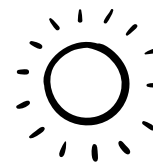
- The best exercise for bone is the type that loads the skeleton with either weight-bearing exercise (e.g. running, walking) or strength training.

Diet:



- Dairy products are major sources of calcium.
- A healthy balanced diet including at least 5-a-day fruit and vegetables to get all of the vitamins and minerals that are needed for bone health.

Vitamin D:



- Vitamin D is essential for calcium to be absorbed in the gut. The main source of Vitamin D is sunlight and few foods contain Vitamin D in adequate amounts.

How Much Calcium Do I Need?

- 1,000 mg for adult men and women (19-50 years)
- 1,300 mg for 14-18-year-old girls and boys
- 1,500 mg for women with irregular or absent menstrual cycles

	Food Source	Calcium (milligrams)
Milk	Milk, whole, low-fat skin (1 cup)	300
	Soy milk unflavored/unsweetened (1 cup)	300
	Nut milks [almond, cashew, unflavored/unsweetened] (1 cup)	450
	Coconut unsweetened (1 cup)	460
	Oat milk (1 cup)	460
	Rice milk (1 cup)	120-300
Cheeses	American, pasteurized process (1 oz)	174
	Cheddar (1 oz)	204
	Cottage, low fat (1 cup)	155
	Swiss (1 oz)	272
Yoghurt	Plain, low fat (6 oz)	415
	Fruit, low fat (6 oz)	258
Ice Cream	Vanilla, hardened, ~11% fat (1 cup)	176
	Sherbet, ~2% fat (1 cup)	103

	Food Source	Calcium (milligrams)
Poultry	Chicken, Turkey (3.5 oz)	15
Eggs	One large egg	25
Meat	Beef, lamb, cooked (3 oz)	8
Fish	Salmon, shrimp, boiled (3 oz)	26
	Trout, rainbow, broiled (3 oz)	73
	Salmon, canned in oil with bones (3 oz)	167
	Sardines, canned in oil with bones (3 oz)	371
	Tuna, canned in water, solid white (3 oz)	17
Other	Tahini sesame butter (1 tbsp)	66
	Almonds (20 g)	6
	Tofu (4 oz)	150
	Kale, spinach, collard greens, cooked (1 cup)	260

Supplements

- It is always better to get your nutrient needs from the grocery store, not the drug store. However, if you feel you are not getting enough calcium in your diet and would like to take a supplement, consult a sports dietitian before doing so.