

## CALCIUM

Calcium is a mineral that is essential for the proper development and maintenance of bones and teeth, transmission of nerve impulses, blood clotting, and muscle contraction.

Low calcium-intake over many years can lead to various bone diseases such as osteoporosis, osteomalacia, and rickets. Vitamin D (formed in the body by interaction of the skin and the sun's rays) improves the absorption of calcium.

Protect your bones by getting enough sunshine and calcium rich foods!

### Calcium Rich Foods:

- Dairy products – choose fat-free or low-fat milk, yogurt, or cheese
- Canned fish with bones – such as sardines and salmon
- Soybean curd or tofu (firm tofu contains more calcium than soft tofu)
- Dark green leafy vegetables – such as broccoli, bok choy, spinach, gailan, and choy sum
- Seaweed, wood ear, and dried bok choy
- Almonds and sesame seeds
- Calcium enriched soymilk
- Calcium fortified juices

### Calcium content of common foods\*

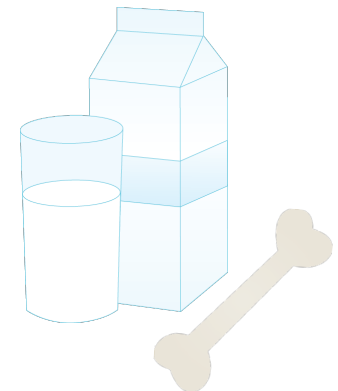
<u>ITEM</u>	<u>AMOUNT</u>	<u>Calcium (mg)</u>
Milk or calcium enriched soymilk	8 oz.	300
Yogurt	8 oz.	350
Cheese	1 oz.	204
Salmon, canned (with bones)	3 oz.	180
Sardines, canned (with bones)	3 oz.	325
Tofu (firm)	4 oz.	150
Broccoli	1 cup	136
Spinach	1 cup	167
Seaweed, dried	½ oz.	125
Almonds	½ cup	300

### Daily Calcium Requirement (mg)

Children (1-3 yrs. old)	700
(4-8 yrs. old)	1000
(9-18 yrs. old)	1300
Adult (19-50 yrs. old)	1000
Adult (over 50 yrs. old)	1200
Pregnant or breastfeeding women (19-50 yrs. old)	1000

### Daily Vitamin D Requirement (IU)

1-70 yrs. old	600
Over 70 yrs. old	800



\*This is a guide. Actual values may vary depending on the product. Be sure to check food labels when appropriate.