

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 rickets (children) or osteoporosis and osteomalacia (adults). Vitamin D is formed in the body by interactions of the skin and the sun's rays. It improves the absorption of calcium. Protect your bones by getting enough sunshine and calcium rich foods!

Calcium Rich Foods:

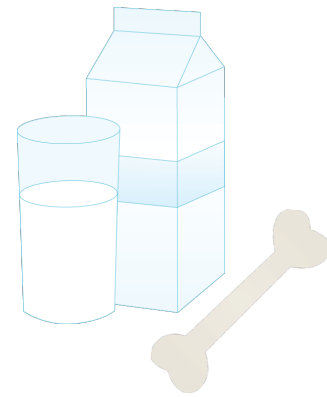
- Dairy products – choose fat-free or low-fat milk, yogurt, or cheese
- Canned fish with bones – such as sardines, salmon, and dace
- Soy products – such as tofu (firm tofu contains more calcium than soft tofu), calcium enriched soymilk, and edamame
- Dark green leafy vegetables – such as broccoli, bok choy, spinach, gailan, mustard greens, choy sum, and yin choy
- Seaweed, wood ear, and dried bok choy
- Almonds and sesame seeds
- 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
	(Men 51-70 yrs. old)	1000
	(Women 51-70 yrs. old)	1200
	(Over 70 yrs. old)	1200
Pregnant or breastfeeding women	(14-18 yrs. old)	1300
	(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, so be sure to check food labels.