

Calcium and Vitamin D for Bone Health

My bone density test: Date - _____ Result - _____

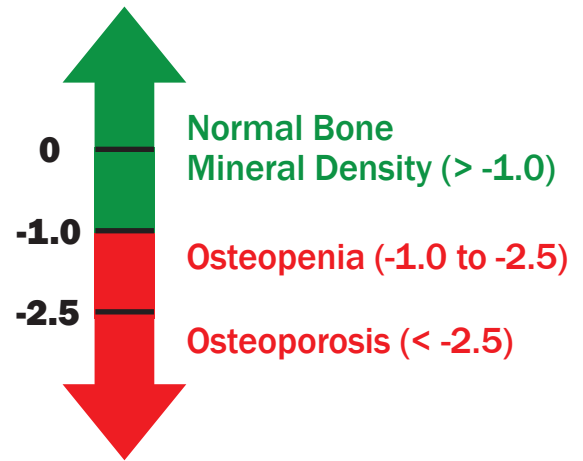
My Vitamin D level: Date - _____ Result - _____

Recommended Amounts

Calcium: 600 mg twice a day

Vitamin D: 1000-2000 IU once a day

If you take a calcium supplement, it should be in the form of calcium carbonate or tricalcium phosphate.



Calcium Rich Foods

DAIRY	Amount	Calcium (mg)
Yogurt, plain	1 cup	400-450
Yogurt, flavored	1 cup	200-300
Yogurt, Greek	1 cup	150-200
Milk (skim, low-fat, whole)	1 cup	300
Hot cocoa, calcium fortified	1 packet	300
Non-fat dry milk powder	5 TB	300
Soy milk, calcium fortified	1 cup	200-400
Swiss or Gruyere cheese	1 oz.	270
Carnation Instant Breakfast	1 packet	250
Hard cheese (cheddar, jack)	1 oz.	200
Mozzarella cheese	1 oz.	200

Calcium Rich Foods *(continued)*

VEGETABLES & FRUITS		
Amount	Calcium (mg)	
Tofu, firm	4 oz.	250-750
Tofu, soft	4 oz.	120-390
Orange juice, calcium fortified	1 cup	300
Spinach, cooked	1 cup	240
Broccoli, cooked	1 cup	180
Kale	1 cup	150
White beans	1 cup	140
GRAINS		
Cereals (calcium fortified)	½ to 1 cup	150-300
Total cereal	½ to 1 cup	700-1000
Bread (calcium fortified)	1 slice	150-200
Oatmeal, instant	1 package	100-150
Cornbread	2 inch square	150
Corn tortilla	Two 6-inch	120
Corn	1 cup	10
NUTS & SEEDS		
Sesame seeds	1 oz.	280
Almonds	1 oz.	80
Sunflower seeds	1 oz.	50

Vitamin D Rich Foods

Food	Amount	Vitamin D (IU)
Salmon, pink, canned	3 oz.	530
Halibut (fresh)	3 oz.	510
Catfish (fresh)	3 oz.	425
Walleye, Pike	3 oz.	115
Cod	3 oz.	107
Fortified orange juice or milk	8 oz.	100