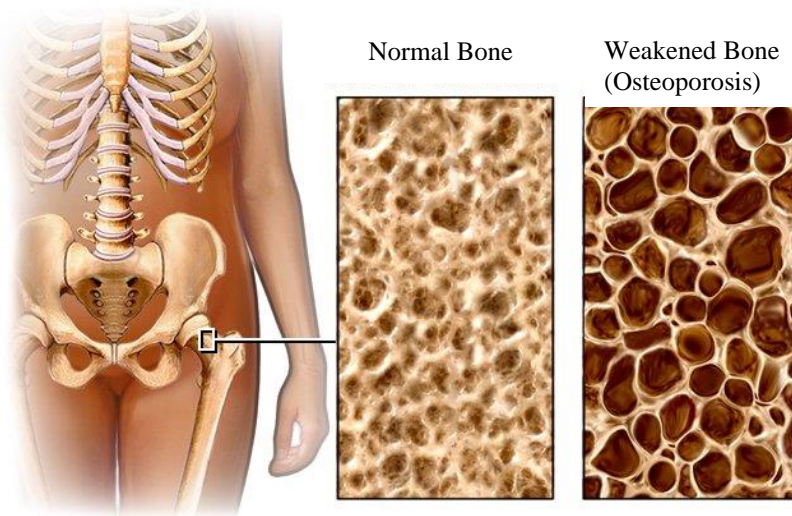


## Nutrition Information about Calcium

Your body needs calcium for good health. Calcium is important for strong bones and teeth. Calcium is also needed for the heart, muscles and nerves to work properly and for blood to clot.

### What happens if you don't get enough calcium from the foods that you eat?

If you don't get enough calcium from the food you eat, your body will use the calcium stored in your bones. If your body continues to take calcium from your bones, they can become weak and brittle and break easily. This may lead to a bone disease called osteoporosis.



The picture on the left shows normal bone.

The one on the right shows bone that has osteoporosis

The following table shows the recommended daily allowance (RDA) amounts for calcium:

| Children    |                     | Infants                 |                     |
|-------------|---------------------|-------------------------|---------------------|
| 1-3 years   | 700 mg/day Calcium  | 0-6 months              | 200* mg/day Calcium |
| 4-8 years   | 1000 mg/day Calcium | 7-12 months             | 260* mg/day Calcium |
| 9-13 years  | 1300 mg/day Calcium | Pregnancy and Lactation |                     |
| 14-18 years |                     | 14-18 years             | 1300 mg/day Calcium |
| Boys        | 1300 mg/day Calcium | 19-30 years             | 1000 mg/day Calcium |
| Girls       | 1300 mg/day Calcium | 31-50 years             | 1000 mg/day Calcium |
| Adults      |                     |                         |                     |
| Men         |                     | Women                   |                     |
| 19-30 years | 1000 mg/day Calcium | 19-30 years             | 1000 mg/day Calcium |
| 31-50 years | 1000 mg/day Calcium | 31-50 years             | 1000 mg/day Calcium |
| 51-70 years | 1000 mg/day Calcium | 51-70 years             | 1200 mg/day Calcium |
| > 70 years  | 1200 mg/day Calcium | > 70 years              | 1200 mg/day Calcium |

\* For infants, the daily Adequate Intake is listed.

## Some Food Sources of Calcium

| Food  | Amount of Calcium |
|---|-------------------|
| Yogurt, plain, low fat (8 oz.)  | 415 mg            |
| Yogurt, fruit, low fat (8 oz.)  | 245-384 mg        |
| Cheddar cheese, (1 ½ oz) shredded   | 306 mg            |
| Milk, non-fat, (8 fl. oz.)  | 302 mg            |
| Milk, reduced fat (2%) (8 fl. oz.)  | 297 mg            |
| Milk, whole (8 fl. oz.)   | 297 mg            |
| Mozzarella, part skim (1 ½ oz.)   | 275 mg            |
| Tofu, firm, made with Calcium sulfate (½ cup)                                     | 204 mg            |
| Orange juice, Calcium fortified (6 fl. oz.)                                       | 200-260 mg        |
| Salmon, canned, solids w/ bone (3 oz.)  | 181 mg            |
| Pudding, instant, w/ 2% milk (½ cup)  | 153 mg            |
| Cottage cheese, 1% milk fat (1 cup)   | 138 mg            |
| Tofu, soft, made w/ Calcium sulfate (½ cup)                                       | 138 mg            |
| Spinach, cooked, (½ cup)  | 120 mg            |
| Instant breakfast drinks (various brands), powder prepared with water (8 fl. oz.) | 105-250 mg        |

| Food   | Amount of Calcium |
|--|-------------------|
| Sardines, oil canned with bones (3 oz.)              | 103 mg            |
| Frozen yogurt, vanilla, soft serve (½ cup)           | 103mg             |
| Ready to eat cereal, Calcium fortified (1 cup)       | 100-1000 mg       |
| Turnip greens, boiled, (½ cup)                       | 99 mg             |
| Kale, cooked, (1 cup)                                | 94 mg             |
| Ice cream, vanilla (½ cup)                           | 85 mg             |
| Soy beverage, Calcium fortified (8 fl. oz.)          | 80-500 mg         |
| Bok choy (Chinese cabbage), raw (1 cup)              | 74 mg             |
| Tortilla, corn, ready to bake/fry (1 med.)           | 42 mg             |
| Tortilla, flour, ready to bake/fry (one 6" tortilla) | 37 mg             |
| Sour cream, reduced fat, cultured (2 Tbsp)           | 32 mg             |
| Bread, white (1 slice)                               | 31 mg             |
| Broccoli, raw, (½ cup)                               | 21 mg             |
| Bread, whole wheat (1 slice)                         | 20 mg             |
| Cream cheese, regular (1 Tbsp)                       | 12 mg             |

### What about calcium supplements?

Food is the best way to get the calcium your body needs. Some people find it hard to eat enough daily servings of calcium-rich foods. In this case, calcium supplements are available. Supplements can be found as tablets, gummies or chocolates. Calcium carbonate and calcium citrate are the most common. Most calcium supplements have 200 – 600 mg calcium. But not all calcium supplements are absorbed the same by the body. Only 10% of the calcium in calcium carbonate is absorbed, however 50% of the calcium in calcium citrate is absorbed. Calcium citrate is better absorbed by the body than calcium carbonate.

If you are taking a medicine for ulcers or esophageal reflux called a proton pump inhibitor (PPI) this will decrease the acid in your stomach and can decrease the amount of calcium absorbed. Examples of PPI are omeprazole (Prilosec<sup>®</sup>), lansoprazole (Prevacid<sup>®</sup>), rabeprazole (Aciphex<sup>®</sup>), pantoprazole (Protonix<sup>®</sup>), and esomeprazole (Nexium<sup>®</sup>). If you are taking any of these medicines, you should be taking calcium citrate instead of calcium carbonate. Please let your healthcare team know if you are taking a PPI.

### What is the best way to get the most from your calcium supplement?

Calcium is absorbed from the digestive tract into your body's circulation. Calcium can be absorbed best in the following ways:

- **Timing** - Calcium, whether from the diet or supplements, is absorbed best by the body when it is taken several times a day in amounts of 500 mg or less.
  - If you are taking calcium supplements, divide the daily amount throughout the day to be better absorbed. For example, taking one calcium tablet in the morning and one calcium tablet in the evening, rather than two tablets at one time.
  - Calcium carbonate is absorbed best when **taken with food**.
  - Calcium citrate can be taken any time of the day.
  - Calcium interferes with iron absorption, so a calcium supplement should not be taken at the same time as an iron supplement.
  - Any medicine instructed to be taken on an empty stomach **should not** be taken with calcium supplements.
  
- **Vitamin D** - Vitamin D helps the body absorb calcium. The recommended daily intake of vitamin D ranges between 600 international units (IU) to 800 IU. Children and adults need 600 IU/day, while adults over 70 years old need 800 IU/day. If you are taking a multivitamin, you are probably meeting this requirement. If you are not currently taking a multivitamin, you will find that many calcium supplements contain vitamin D. If your supplement does not contain vitamin D, speak to your healthcare team about adding a vitamin D supplement.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.