



Calcium & Bone Health

Nutrition tips
from:



What is Osteoporosis?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.

Nearly 27 % of women and 6 % of men 65 and older have osteoporosis.

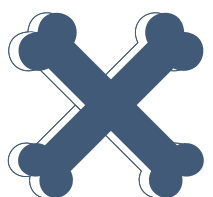
In addition, the CDC notes that even more older adults have what is considered a precursor to osteoporosis: low bone mass, also called low bone density or osteopenia.



Did you know?



There is increasing evidence that an intake of adequate vitamin D and calcium may reduce falls and fractures. Some studies even suggest that calcium, along with vitamin D, may have benefits beyond bone health.



About 99% of the calcium in our bodies is in our bones and teeth. You body does not make its own calcium. You must get it through other sources.



There is a limit to how much Calcium you can consume. It's not recommended to take more than 2,500 mg a day for adults 19 to 50. For those 51 and older, the limit is 2,000 mg a day.

Calcium & Bone Health



Calcium, Vitamin D & Your Diet

Calcium

Since our bodies don't make calcium, you must get it through other sources.

Calcium can be found in a variety of foods, including:

- Dairy products (cheese, milk and yogurt)
- Dark green leafy vegetables
- Fish with edible soft bones, such as sardines and canned salmon
- Calcium-fortified foods and beverages

Recommended Daily Amount of Calcium:

Men	Women
19-50 years 1,000 mg	19-50 years 1,000 mg
51-70 years 1,000 mg	51 and older 1,200 mg
71 and older 1,200 mg	

The recommended upper limit for calcium is 2,500 mg a day for adults 19 to 50. For those 51 and older, the limit is 2,000 mg a day.

Vitamin D

To absorb calcium, your body also needs vitamin D.

A few foods naturally contain small amounts of vitamin D:

- canned salmon with bones
- egg yolks

You can also get vitamin D from fortified foods and sun exposure.

The RDA for vitamin D is 600 international units a day for most adults.

Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes and high blood pressure. But evidence about such health benefits is not definitive.