





Mission Healthy Bones!

Calcium and vitamin D are important for strong bones and teeth!

How much do you need?					How do you do this?
Gender	Age (years)	Calcium (mg per day)	Vitamin D (IU per day)		
	51 to 70	1200	600		<ul style="list-style-type: none"> Try to get at least 3 good sources of calcium and vitamin D rich foods each day. Check the list below for good sources of calcium and vitamin D. Complete your diet by taking a daily 400 IU vitamin D supplement. <p>Talk to your health care provider about supplementation if you think your diet may not be rich enough in calcium and/or vitamin D.</p>
	71 and +	1200	800		
	51 to 70	1000	600		
	71 and +	1200	800		

Food Item	Calcium (mg)	Vitamin D (IU)
<p>Grain Products</p> <ul style="list-style-type: none"> Usually not a great source of vitamin D. Cereals eaten with milk or fortified beverage will have extra calcium and vitamin D. A few cereals are now enriched with vitamin D, so check the label. Using margarine with a grain product will increase vitamin D. 		
Food Item	Calcium (mg)	Vitamin D (IU)
Some vitamin D fortified cereals - 1 serving with 125 mL (1/2 cup) 1% milk	160-350mg	100
Breakfast cereals - 1 serving with 125 mL (1/2 cup) 1% milk	160-350 mg	50
Whole wheat toast - 2 slices	90 mg	0
With margarine - 5 mL (1 tsp)	90 mg	25
With butter - 5 mL (1 tsp)	90 mg	1
<p>Milk and Alternatives</p> <ul style="list-style-type: none"> All cow's milk is fortified with vitamin D and is a natural source of calcium. Some beverages (soy, almond, rice) can be fortified with calcium and vitamin D. Check the label. Foods made with cow's milk may not be fortified with vitamin D (yogurt, cheese, buttermilk). Check the label. 		
Food Item	Calcium (mg)	Vitamin D (IU)
Evaporated skim milk-reconstituted - 250 mL (1 cup)	392 mg	116
1% milk (cow)- white or chocolate - 250 mL (1 cup)	320 mg	100
Skim milk powder - 25 g (1/3 cup) will make 250 mL (1 cup) of milk	320 mg	100
Eggnog - 250 mL (1 cup)	350 mg	44
Fortified soy, almond or rice beverages - 250 mL (1 cup)	320 mg	90
Yogurt, fortified - 175 mL (¾ cup)	300 mg	80
Cheese - firm (Cheddar, Swiss, Gouda) - 25 g (2,5 oz)	360 mg	3
Kefir - 175 mL (3/4 cup)	187 mg	8

Food Item		Calcium (mg)	Vitamin D (IU)
Vegetables and Fruit <ul style="list-style-type: none"> • Most vegetables and fruits are not a significant source of calcium and vitamin D unless fortified. • A few exceptions are listed below. 			
Food Item		Calcium (mg)	Vitamin D (IU)
Fortified orange juice - 125 mL (½ cup)		155 mg	50
Collards- frozen and cooked - 125 mL (1/2 cup)		189 mg	0
Spinach- frozen and cooked -125 mL (1/2 cup)		154 mg	0
Meat and Alternatives <ul style="list-style-type: none"> • The more fatty the fish, the more vitamin D you get. • Canned fish with bones adds extra calcium, as long as you eat the bones! 			
Food Item		Calcium (mg)	Vitamin D (IU)
Salmon - canned with bones - 75 g (2,5 oz)		179 mg	200-699*
- baked, grilled, pan fried - 75 g (2,5 oz)		5 mg	200-699*
*Amount of vitamin D varies with the type of salmon. Sockeye has the most.			
Mackerel - canned - 75 g (2,5 oz)		181 mg	218
Sardines - canned with oil -75 g (2,5 oz)		286 mg	70
Herring pickled - 75 g (2,5 oz)		60 mg	200
Herring - Atlantic, cooked - 75 g (2,5 oz)		56 mg	160
Trout - baked, grilled, pan fried - 75 g (2,5 oz)		41 mg	150
Whitefish, lake - cooked - 75 g (2,5 oz)		12 mg	135
Eggs yolks - 2		44 mg	32
Light tuna - canned tuna - 75 g (2,5 oz)		8 mg	40
Beef liver - pan fried - 75 g (2,5 oz)		4 mg	36
Almonds - 60 mL (¼ cup)		99 mg	0
Almond butter - 30 mL (2 tbsp)		90 mg	0
Baked beans - canned-185 mL (¾ cup)		64 mg	0
Miscellaneous (mixed ingredients) <ul style="list-style-type: none"> • Adding calcium and vitamin D rich ingredients to your favorite food is a great way to get more of these nutrients! 			
Food Item		Calcium (mg)	Vitamin D (IU)
Fruit smoothie - made with 125 mL (½ cup) of milk, 125 mL fortified orange juice and 125 mL yogurt)		500 mg	140
Grilled cheese sandwich		434 mg	35
Instant breakfast - 250 mL (1 cup) made with milk or fortified beverage		363 mg	90
Café Latte, made with 250 mL (1 cup) milk		320 mg	100
Black coffee or tea		0 mg	0
Salmon salad sandwich		220 mg	150
Prepared canned tomato soup (with milk) - 250 mL (1 cup)		200 mg	50
Pudding made with milk or fortified beverage - 125 mL (1/2 cup)		141 mg	52
Blackstrap molasses - 15 mL (1 tbsp)		180 mg	0
Margarine - 5 mL (1 tsp)		1 mg	25

Reference: Canadian Nutrient File 2010
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