





# Mission Healthy Bones!

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

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

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

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

Reference: Canadian Nutrient File 2010  
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