





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	<p>Your body requires vitamin D to absorb calcium!</p> <ul style="list-style-type: none"> Complete your diet by taking a daily 400 IU vitamin D supplement. Talk to your health care provider about supplementation if you think your diet may not be rich enough in calcium and/or vitamin D. Eating a variety of foods each day will help you reach your required levels.
		71 and +	1200	800	
		51 to 70	1000	600	
		71 and +	1200	800	

Food Item	Serving Size	Calcium (mg)	Vitamin D (IU)
<p>Protein Foods</p> <ul style="list-style-type: none"> All cow's milk is fortified with vitamin D and is a natural source of calcium. Some plant-based beverages can be fortified with calcium and vitamin D. Check the label. Canned fish with bones adds extra calcium, as long as you eat the bones! 			
Food Item	Serving Size	Calcium (mg)	Vitamin D (IU)
Cow's milk	250 mL (1 cup)	320	100
Goat's milk, fortified	250 mL (1 cup)	345	100
Skim milk powder	25 g (1/3 cup) will make 250 mL (1 cup) of milk	320	100
Soy, almond or rice beverage, fortified	250 mL (1 cup)	320	90
Yogurt, fortified	175 mL (3/4 cup)	300	80
Cheese, firm (Cheddar, Swiss, Gouda)	75 g (2.5 oz)	360	3
Salmon - canned with bones	75 g (2.5 oz)	179	200-699*
- baked, grilled, pan fried	75 g (2.5 oz)	5	200-699*
*Amount of vitamin D varies with the type of salmon. Sockeye has the most.			
Mackerel, canned	75 g (2.5 oz)	181	218
Sardines, canned with oil	75 g (2.5 oz)	286	70
Anchovies, canned*	75 g (2.5 oz)	174	52
Herring, pickled	75 g (2.5 oz)	60	200
Trout, baked or grilled	75 g (2.5 oz)	41	150

*Contains high amounts of sodium per serving. Eat less often

Food Item	Serving Size	Calcium (mg)	Vitamin D (IU)
Light tuna, canned	75 g (2.5 oz)	8	40
Cod, dried	35 g	120	120
Egg yolks	2 yolks	44	32
Almonds	60 mL (¼ cup)	99	0
Tofu, fortified	100 g (3.5 oz)	350	120
Edamame, frozen or cooked	125 mL (½ cup)	52	0
Chickpeas, boiled	125 mL (½ cup)	138	0
Baked beans, canned	250 mL (1 cup)	134	0
Lentils, boiled	125 mL (½ cup)	40	0
Poppy seeds	15 mL (1 tbsp)	128	0
Chia seeds	15 mL (1 tbsp)	68	0

Vegetables and Fruit

- Most vegetables and fruits are not a significant source of calcium and vitamin D.

Food Item	Serving Size	Calcium (mg)	Vitamin D (IU)
Bok choy, steamed	125 mL (½ cup)	84	0
Collards, steamed	125 mL (½ cup)	189	0
Broccoli, boiled	250 mL (1 cup)	66	0
Figs, dried	5 figs	75	0
Dandelion greens, steamed	125 mL (½ cup)	74	0
Wakame seaweed, dried	250 mL (1 cup)	127	0

Whole Grains

- Some cereals are now fortified with vitamin D. Check the label.

Food Item	Serving Size	Calcium (mg)	Vitamin D (IU)
Breakfast cereals, fortified	30 g cereal with 125 mL (½ cup) cow's 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

Here are some ways to incorporate calcium and vitamin D into your diet:

- Add 125 mL (½ cup) of low fat milk or yogurt to fruit smoothies.
- Sprinkle 2-3 tbsp skim milk powder onto meals such as pastas, casseroles, soups and stir fries.
- Replace half the ground beef used in recipes with tofu or chickpeas.
- Canned fish can be combined with mayonnaise and spices to make a quick and tasty dip.
- Add 1-2 tbsp of poppy or chia seeds to salads, pastas, soups, yogurt, smoothies or puddings.
- Cooked greens such as dandelion and bok choy can be added to stir fries or enjoyed on their own.

References: Canadian Nutrient File 2010, Osteoporosis Canada
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