



Mission Healthy Bones!

Calcium and vitamin D are important for strong bones and teeth

How much do you need?

Gender	Age (years)	Calcium (mg per day)	Vitamin D (IU per day)
 Female	51 to 70	1,200	600
	71 and +	1,200	800
 Male	51 to 70	1,000	600
	71 and +	1,200	800

How do you do this?

Your body requires vitamin D to absorb calcium!

- 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.

Protein Foods

- 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 (¾ 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
* Contains a high amount of salt. Eat less often.			
Herring, pickled	75 g (2.5 oz)	60	200
Trout, baked or grilled	75 g (2.5 oz)	41	150

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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