

Vitamin D

Vitamin D helps your body use calcium from food. If you do not get enough vitamin D you can lose bone mass because your body is not able to absorb all the calcium it needs.

Your body gets vitamin D from food or supplements, and produces vitamin D when skin is exposed to sunlight.

It is difficult to get enough vitamin D from food alone. In Canada it is also difficult to get enough sunlight between the months of October and April, when the sun's rays are not strong enough. As a result, Canadians require a vitamin D supplement.

Daily weight bearing activity helps your body build and maintain strong bones. Include activities like walking, jogging, skating, and other activities on your feet.

Vitamin D Supplements

Vitamin D supplements are recommended for all adults.

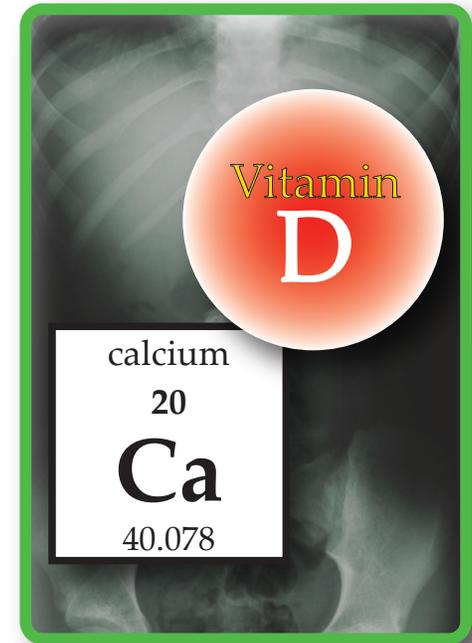
| Age | Recommended vitamin D intake from supplements |
|---------------|---|
| 19-50 years | 400 to 1000 IU per day |
| over 50 years | 800 to 2000 IU per day |

Look for a supplement that has vitamin D₃. Vitamin D₃ is the best choice for most people. The label on your supplement bottle will say what form of vitamin D it has. Choose vitamin D₂ if you are looking for a vegan form of vitamin D.

For Further Information...

Should you have any questions regarding your care, contact your physician or other health care provider at this clinic.

If you'd like to know more about the Palliser Primary Care Network, visit www.palliserpcn.ca



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Calcium and Vitamin D
for Healthy Bones



Calcium Facts

Next to building up bone density, calcium helps in nerve transmission, heart function, blood pressure regulation, blood clotting and many other body processes. Calcium makes up 1/15 of the human body!

Calcium is an important mineral for all ages. Bones are made up of 99% calcium which helps keep them strong. If you do not get enough calcium, your body will take calcium out of your bones.

Supplements may be used if you cannot reach your target calcium intake from food each day.

Please speak with your healthcare provider to review the risks and benefits of taking a calcium supplement before starting.

Recommended Intakes (per day)

| Age | Calcium (mg) | Do Not Exceed | Vit D (IU) |
|--------------|--------------|---------------|------------|
| 1-3 | 700 | 2500 | 600 |
| 4-8 | 1000 | 2500 | 600 |
| 9-18 | 1300 | 3000 | 600 |
| 19-50 | 1000 | 2500 | 600-4000 |
| female 51-70 | 1200 | 2000 | 600-4000 |
| male 51-70 | 1000 | 2000 | 600-4000 |
| over 70 | 1200 | 2000 | 800-4000 |



Food Sources of Calcium

| High Sources (about 300 mg) | Medium Sources (about 200 mg) | Low Sources (about 100 mg) |
|--|---|--|
| Milk, lactose reduced milk and buttermilk (1 cup or 250 mL) | Sardines, canned with bones (4) | Almonds, Brazil nuts (¼ cup or 60 mL) |
| Milk, evaporated, undiluted (½ cup or 125 mL) | Salmon, canned with bones (3.5 oz or 105 g) | White beans, navy beans and soybeans (½ cup or 125 mL) |
| Skim milk powder (⅓ cup or 75 mL) | Dried silver fish (0.5 oz or 15 g) | Ice cream (½ cup or 125 mL) |
| Fortified soy, rice or almond beverage (1 cup or 250 mL) | Soup made with milk (1 cup or 250 mL) | Frozen yogurt (½ cup or 125 mL) |
| Nutrition supplement such as Boost® or Ensure® (1 cup or 250 mL) | Fruit flavoured yogurt (¾ cup or 175 mL) | Cooked bok choy (½ cup or 125 mL) |
| Hard cheese (cheddar, mozzarella) (1.5 oz or 50 g) | Blackstrap molasses (1 Tbsp or 15 mL) | Skim milk powder (1 Tbsp or 15 mL) |
| Ricotta cheese (½ cup or 125 mL) | Pudding made with milk (½ cup or 125 mL) | Cottage cheese (¾ cup or 175 mL) |
| Tofu made with calcium (3.5 oz or 105 g) | | Roasted soybeans (¼ cup or 60 mL) |
| Plain yogurt (¾ cup or 175 mL) | | Calcium-fortified orange juice (½ cup or 125 mL) |

Food Sources of Vitamin D

| High Sources (more than 200 IU) | Medium Sources (about 100 IU) | Low Sources (about 50-100 IU) |
|---|---|--|
| Fish (herring or salmon) (2.5 oz or 75 g) | Milk, lactose reduced milk and buttermilk, fortified with vitamin D (1 cup or 250 mL) | Margarine (1 Tbsp or 15 mL) |
| | Fortified soy, rice or almond beverage (1 cup or 250 mL) | Eggs (2) |
| | Skim milk powder (⅓ cup or 75 mL) | Nutrition supplement such as Boost® or Ensure® (1 cup or 250 mL) |
| | Fish (sardines or halibut) (2.5 oz or 75 g) | Fish (mackerel) (2.5 oz or 75 g) |

References: www.osteoporosis.ca, Canadian Nutrient File (2010), www.albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-well-prevent-treat-osteo-sa-foods.pdf