

Controlling your risk: Calcium and osteoporosis

Calcium...

- builds strong bones and teeth.
- helps prevent high blood pressure.
- helps the heart, muscles, and nerves work.
- is needed for blood to clot.
- prevents osteoporosis (bone loss).



Calcium sources include...

- fortified juices
- fortified cereal
- spinach (cooked)
- canned salmon
- canned sardines
- Bok Choy
- broccoli
- baked beans
- kale (cooked)
- mustard greens
- tomato soup, made with milk

How much is enough?

- 1000 mg a day ages 19 to 49.
- At least 1200 mg a day if you are older than 50.
- If you are a woman and become pregnant or are post-menopausal you may need up to 1500 mg a day.

Vitamin D...

is needed for the body to absorb calcium.
You can get vitamin D from

- fortified dairy products
- soy products
- sunshine, 1/2 hour a day.



Osteoporosis is a weakening and thinning of bones. It affects 25 million Americans, both men and women. If your diet is low in calcium, your body takes what it needs from your bones. This may weaken and thin them over time. Bones with osteoporosis are much more likely to break. Breaks in the spine, hip, and wrist are most common, but any bone can be affected.

Osteoporosis may be prevented with...

- a balanced diet rich in calcium and vitamin D.
- exercise such as walking or lifting weights.
- not smoking.
- limiting alcohol intake.
- medications when appropriate.

Talk with your doctor before taking extra vitamin D or calcium.

