

# Healthy Foods with Calcium and Vitamin D

Getting enough calcium and vitamin D is especially important as you go through menopause because the risks of bone loss and osteoporosis increase during this stage.

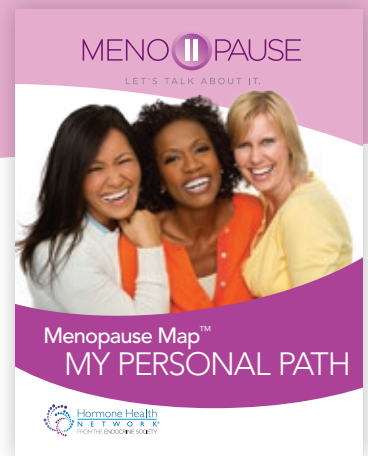
## Calcium

Here are the recommendations for calcium intake:

- Premenopausal women ages 25-50: 1,000-1,200 mg/day
- Postmenopausal women younger than age 65 and using estrogen therapy: 1,000-1,200 mg/day
- Postmenopausal women younger than age 65 and not using estrogen therapy: 1,500mg/day
- All women older than age 65: 1,500 mg/day (the milk, yogurt, and cheese group of the U.S. Department of Agriculture's Food Guide Pyramid recommends 2-3 servings of dairy per day.)

Getting enough calcium is critically important for keeping bones healthy. But it's every bit as important to take steps to ensure that your body is absorbing calcium and other nutrients properly. By avoiding or keeping the following to a minimum, you go along way toward helping your body do just that:

- Soft drinks
- High fiber diets
- Coffee/caffeine
- Excessive intake of oxalic acid (found in spinach and some other greens)
- Excessive intake of phytates (a type of fiber found in wheat bran and some other grains)
- Excessive amounts of fats
- Sugar
- Salt
- Alcohol
- Smoking



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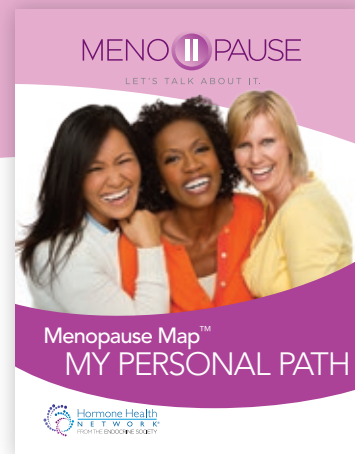
These are some foods that are high in **calcium**.

Food	Calcium (mg)	% DV*
Yogurt, plain, low fat, 8 oz.	415	42%
Yogurt, fruit, low fat, 8 oz.	245-384	25-38%
Sardines, canned in oil, with bones, 3 oz.	324	32%
Cheddar cheese, 1 oz. shredded	306	31%
Milk, non-fat, 8 fl oz.	302	30%
Milk, reduced fat (2% milk fat), no solids, 8 fl oz.	297	30%
Milk, whole (3.25% milk fat), 8 fl oz.	291	29%
Milk, buttermilk, 8 fl oz.	285	29%
Milk, lactose reduced, 8 fl oz.**	285-302	29-30%
Mozzarella, part skim 1 oz.	275	28%
Tofu, firm, made w/calcium sulfate, cup***	204	20%
Orange juice, calcium fortified, 6 fl oz.	200-260	20-26%
Salmon, pink, canned, solids with bone, 3 oz.	181	18%
Pudding, chocolate, instant, made w/ 2% milk, cup	153	15%
Cottage cheese, 1% milk fat, 1 cup unpacked	138	14%
Tofu, soft, made w/calcium sulfate, cup***	138	14%
Spinach, cooked, cup	120	12%

\*DV=Daily Value

\*\*Content varies slightly according to fat content; average=300 mg calcium

\*\*\*Calcium values are only for tofu processed with a calcium salt. Tofu processed with a non-calcium salt will not contain significant amounts of calcium.



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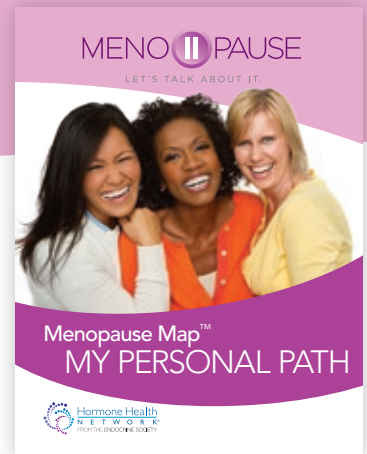
These are some foods that are high in **calcium**.

Food	Calcium (mg)	% DV*
Instant breakfast drink, various flavors and brands, powder prepared with water, 8 fl oz.	105-250	10-25%
Frozen yogurt, vanilla, soft serve, cup	103	10%
Ready to eat cereal, calcium fortified, 1 cup	100-1000	10-100%
Turnip greens, boiled, cup	99	10%
Kale, cooked, 1 cup	94	9%
Kale, raw, 1 cup	90	9%
Ice cream, vanilla, cup	85	8.5%
Soy beverage, calcium fortified, 8 fl oz.	80-500	8-50%
Chinese cabbage, raw, 1 cup	74	7%
Tortilla, corn, ready to bake/fry, 1 medium	42	4%
Tortilla, flour, ready to bake/fry, one 6" diameter	37	4%
Sour cream, reduced fat, cultured, 2 Tbsp	32	3%
Bread, white, 1 oz.	31	3%
Broccoli, raw, cup	21	2%
Bread, whole wheat, 1 slice	20	2%
Cheese, cream, regular, 1 Tbsp	12	1%

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# Healthy Foods with Calcium and Vitamin D

## Vitamin D

Vitamin D helps your bones stay healthy, and it does something else very important to your health: It helps your body absorb calcium. These are the recommended levels of vitamin D for your health:

- **Women between the ages of 51 and 69 years: 10 mg (400 IU) per day.**
- **Women 70 years and older: 10 to 20 mg (400 to 800 IU) per day.**
- **Taking up to 2,000 units of vitamin D daily is safe, but you should consult your doctor before taking higher dosages**

In addition to the foods listed below, sunlight is a great source of vitamin D. If getting some sunlight is not a health risk for you, try to get 15 minutes two or three times per week while wearing a sunscreen.

Food	International Units (IU) per serving	Percent DV*
Cod liver oil, 1 Tablespoon	1,360	340
Salmon, cooked, 3½ ounces	360	90
Mackerel, cooked, 3½ ounces	345	90
Tuna fish, canned in oil, 3 ounces	200	50
Sardines, canned in oil, drained, 1¾ ounces	250	70
Milk, nonfat, reduced fat, and whole, vitamin D fortified, 1 cup	98	25
Margarine, fortified, 1 Tablespoon	60	15
Pudding, prepared from mix and made with vitamin D fortified milk, ½ cup	50	10
Ready-to-eat cereals fortified with 10% of the DV for vitamin D, ¾ cup to 1 cup servings (servings vary according to the brand)	40	10
Egg, 1 whole (vitamin D is found in egg yolk)	20	6
Liver, beef, cooked, 3½ ounces	15	4
Cheese, Swiss, 1 ounce	12	4

\*DV = Daily Value. DVs are reference numbers developed by the Food and Drug Administration (FDA) to help consumers determine if a food contains a lot or a little of a specific nutrient. The DV for vitamin D is 400 IU (10 µg) for adults. Most food labels do not list vitamin D content unless a food has been fortified with this nutrient. The percent DV (%DV) listed on the table above tells you the percent of the DV provided in one serving. A food providing 5% of the DV or less is a low source while a food that provides 10-19% of the DV is a good source and a food that provides 20% or more of the DV is high in that nutrient. If you cannot make friends with a cow, calcium supplements that include vitamin D are also available.

Source: Red Hot Mamas [redhotmamas.org](http://redhotmamas.org)