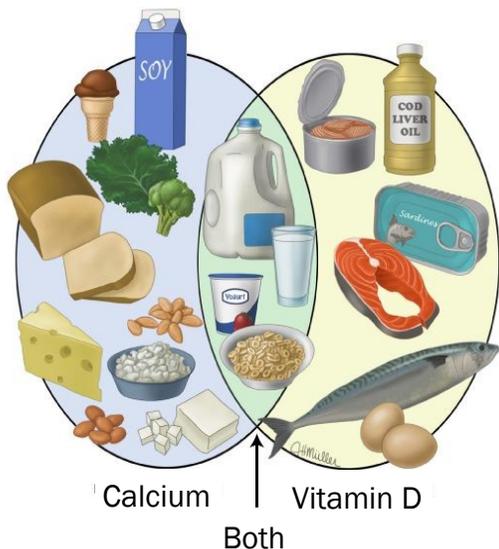




Nutrition Education

Calcium and Vitamin D



Getting adequate calcium and vitamin D is essential for bone health. Calcium is often highlighted the most when it comes to maintaining strong bones. However, vitamin D also plays an important role by helping the body to absorb calcium and by bringing calcium to the bones and teeth. If you are not getting enough calcium and vitamin D, your bones may suffer and become weak.

What are food sources of calcium and vitamin D?

Calcium: Most common in dairy products such as milk, cheese, and yogurt. There are also calcium fortified foods found in certain juices, cereals, and tofu. Nondairy calcium sources include almonds, broccoli, bok choy, and collard greens.



Vitamin D: Known as the “sunshine” vitamin because your body can convert sunlight into vitamin D. Vitamin D is not as common in everyday foods, but you can find it in salmon (and other fatty fish), egg yolks, beef liver, some mushrooms, and vitamin D fortified foods such as orange juice.



Fun Fact:

Did you know that doing weight bearing activities daily can help stimulate bones and makes them stronger?



Tips to increasing your intake of calcium and vitamin D:

1. Spend 5-10 minutes in the sun, 2-3 times per week (to get your vitamin D) while enjoying a cup of warm milk (to get your calcium). Remember to use sun protection to avoid over exposure.
2. When grocery shopping, remember to read food labels and look for foods that have calcium or vitamin D or have been “fortified” with calcium or vitamin D.
3. Consume 8 ounces of milk or a calcium fortified milk alternative with a meal.
4. Try eating more fatty fish such as salmon, mackerel, herring and sardines.
5. Include a side of calcium rich greens to your meals.

Sources:

Eatright.org and
Understanding Nutrition by Whitney Roles

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