



Cedar Valley Bone Health Institute
United Medical Park
1753 West Ridgeway Avenue, Suite 103A
Waterloo, Iowa
319-233-BONE (2663)
www.cvbonehealth.com

Calcium is the Key

Calcium is the Key Ingredient for Bone Health. **If you do not have Calcium in your diet, or take Calcium supplements, you CANNOT have strong bones.** Calcium is the mineral part of bone. Calcium is necessary for bones to be strong. We need more Calcium than we thought years ago.

Calcium is needed for nerve function and in muscle function including the heart. The bones serve as a storehouse for Calcium. We lose Calcium daily in skin, hair, nails, sweat, urine and feces. If we do not consume enough Calcium, we steal some from the bones. Over time the bones can become very brittle from chronic Calcium Deficiency in the diet.

The National Osteoporosis Foundation has set the standard total **Calcium daily need for teens to the elderly** at a **Minimum of 1200 to 1500 mg daily.** That is 4 to 5 - 8 oz glasses of milk daily. Few of us drink that much. Most of us drink a lot less. This is not a problem IF we get our Calcium in pills or other foods.

The chart on page 2 lists some Common Foods High in Calcium (From Ag Handbook, USDA)

You can also use Calcium Supplements. **Calcium Carbonate** is the most common. It requires acid to dissolve, so you should take it with a meal. Your body may absorb only 500-600 mg of Calcium at each meal. Calcium Carbonate is the cheapest, but may upset your stomach.

Calcium Citrate is easier for most individuals to tolerate. Take it with a meal if you can. However, it does not require acid to dissolve, so it can be taken without food. Citracal is the best known brand. Calcium also comes in chocolate chews and other flavors. Viactive is the most common brand. Adora makes Belgian style chocolate with calcium added. This is a little more expensive, but it tastes the best to many people. It also is the easiest on the stomach. You can get it at Q&T Pharmacy in Waterloo, or at Walgreen's.

It doesn't matter how you get it, but you must consume a **Minimum of 1200 to 1500 mg Calcium daily to have good Bone Health.**

See page 2 for Common Foods High in Calcium



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Common Foods High in Calcium

Serving Size	Food	Amount of Calcium (mg)
1 cup (8 oz)	Yogurt, plain, low-fat	415
1 cup	Yogurt, fruit, low-fat	314
1 cup	Skim milk	302
1 cup	2% milk	297
1 cup	Whole milk	291
1 oz	Swiss cheese	272
1 oz	Cheddar cheese	204
1 oz	Colby cheese	194
1 oz	American cheese	174
1 cup	Cottage cheese, low-fat	155
1	English muffin, with butter	103
1 cup	Sardines, in oil, drained	351
3 oz	Perch, cooked	117
1 cup	Tofu	260
1-1/2 cups	Chef salad	235
1	Taco	221
1	Plain hamburger, large, with bun	74
1 cup	Almonds	332
1 cup	Collard greens, chopped, cooked	357
1 cup	Kale, chopped, cooked	179
1 cup	Broccoli, cooked	94
1 cup	Kidney beans, canned	69
10 fl oz	Milk shake, vanilla	344
1 cup	Ice cream, vanilla	170
5 oz	Tapioca pudding	119

From Agriculture Handbook, USDA