



CALCIUM SUPPLEMENTS

Calcium comes in different salt forms. Ask your pharmacist which salt form is best for you:

- ◇ Citrate ◇ Carbonate
- ◇ Lactate ◇ Phosphate
- ◇ Gluconate

Available in:

- ◇ Tablet ◇ Capsule
- ◇ Chewable ◇ Liquid

Important considerations:

- ◇ Take with food (can take calcium citrate without food).
- ◇ Intake should be 1200 mg/day, most coming from your diet. If you're taking supplemental calcium, do not take more than 600 mg at a time.
- ◇ Do not exceed 2000 mg daily (or less in some cases).
- ◇ Avoid taking with iron.
- ◇ Wait 4 hours between calcium and thyroid medications.

BONE HEALTH

- ◇ Sunshine helps your body make Vitamin D so your body can absorb calcium.
- ◇ Know your Vitamin D concentration—General goal is 20-50 ng/mL.
- ◇ Healthy diet is important because the body does not make calcium.
- ◇ Know and eat foods that contain calcium.
- ◇ If you are not getting enough calcium in your diet, you may need supplements.
- ◇ Avoid smoking, alcohol, caffeine, soda, and sugar.
- ◇ Be aware of food and drug interactions.

*The Interagency Council on Osteoporosis
and the
Ernest Mario School of Pharmacy, Rutgers University*

*NJ Department of Human Services
www.state.nj.us/humanservices/doas/healthy/osteoporosis
2014*

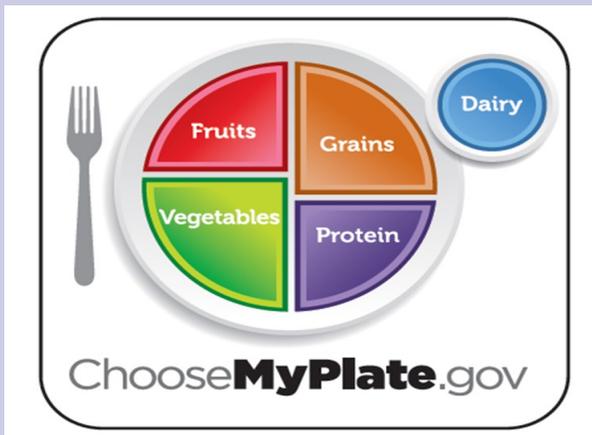


CALCIUM & VITAMIN D



Working Together
For Healthy Bones





MY PLATE

Fill half of your plate with fruits and vegetables

- ◆ **Fruits:** Prunes, bananas, dried apricots, apples
- ◆ **Vegetables:** Kale, cabbage, broccoli, bok choy, beans

Fill the other half of your plate with grains and protein

- ◆ **Grain:** Oatmeal, cornmeal/ polenta, brown rice
- ◆ **Proteins:** Sardines, shellfish, chicken, sausage, beef

Select dairy products low in fat

- ◆ **Dairy:** low fat milk, low fat yogurt, low fat pudding

Calcium rich alkaline foods, like collards, thyme, and parsley, keep your body's pH at a healthy balance

SOURCES RICH IN CALCIUM & VITAMIN D

Sources of Calcium

1200 mg per day of Calcium

Dairy Products

- ◆ An 8 oz cup of milk or yogurt provides 300 mg of calcium
- ◆ 2 oz cheese provides 400 mg of calcium
- ◆ 1/2 cup cottage cheese 60-100 mg of calcium

Some nutritionists prefer non-dairy sources of calcium

Non Dairy Sources

- ◆ Oranges, figs, prunes
- ◆ Green, leafy vegetables
- ◆ Beans, salmon, tofu, seeds, nuts

Calcium-Fortified Foods

- ◆ Juices, cereals

Sources of Vitamin D

800 IU per day of Vitamin D

A Little Sunshine Is Good For Your Health

- ◆ It helps the body make Vitamin D
- ◆ Approximately 5-30 minutes of sun exposure in the late afternoon at least twice a week without sunscreen helps the body make an adequate amount of Vitamin D for the body

Foods Containing Vitamin D

- ◆ Salmon, canned tuna, mushrooms

Dietary Supplements

- ◆ May get enough in a daily multi-vitamin
- ◆ Vitamin D₃ is better than D₂