



## 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](http://www.state.nj.us/humanservices/doas/healthy/osteoporosis)  
2014*

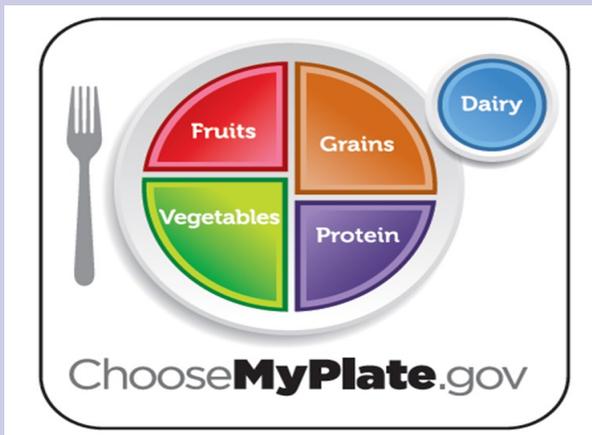


## CALCIUM & VITAMIN D



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 D<sub>3</sub> is better than D<sub>2</sub>