

Calcium

The importance of calcium for healthy aging

Why do we need Calcium

Calcium is stored mainly in the bones of the body. When we do not supply our body with enough calcium, it will come out of the bones and be used for other functions. Adequate calcium on a daily basis is critical to maintaining bone health and preventing osteoporosis, falls, and fractures.

What to know about Calcium

1. Vitamin D helps increase bone-uptake of calcium, especially when taken together!
2. By age 50, up to one quarter of the skeleton could be lost.
3. An 8 oz. glass of milk contains roughly 300 mg of calcium. Older adults need at least 3-4 servings a day of high

Sources

Food is the best source of calcium. Good sources include:

- Milk and Milk Products
- Green Leafy Vegetables (such as broccoli and spinach)

Many foods have extra calcium such as cereals, breads and yogurts. These foods indicate on the label that they are fortified with added calcium. Calcium supplements can be found at local pharmacies or grocery stores, and should be taken when levels in the diet are below the daily recommendation. Levels of 1300-1700 mg/day have been shown to significantly decrease age-related bone loss in individuals aged 65 and older.

Recommended Daily Intake

Men & Women (51+):
1200 mg/day

Men & Women at risk of Osteoporosis:
1500 mg/day

Caution: You can get too much of a good thing. Taking more than 2550 µg/day (2000 IU) can be toxic.