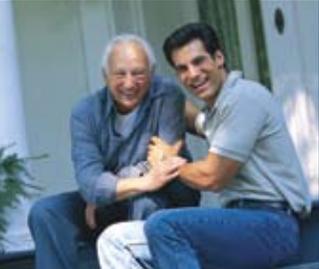


# National Osteoporosis Foundation

## BONE BASICS ALERT



## Calcium and the Heart

Recent media reports discuss a possible association between calcium supplement intake and heart attack risk. The National Osteoporosis Foundation (NOF) believes that more research is needed to draw any conclusions at this time. The bone health benefits of calcium intake are extensively documented in the scientific literature. Misleading media coverage could negatively impact calcium intake, resulting in a greater number of broken bones.

### CALCIUM IS CRITICAL FOR BONE HEALTH

NOF reaffirms its recommendations that individuals meet their daily calcium needs from food sources first and supplement the estimated dietary shortfall. Calcium intake is critical for bone health and is proven to reduce the risk of osteoporosis and broken bones, among other important health benefits. Most individuals can obtain a significant portion of their daily calcium needs from calcium-rich foods like low-fat and fat-free dairy products, certain green vegetables and calcium-fortified foods. Getting too much calcium is not beneficial and may even be harmful. That's why it's important to try to meet NOF's calcium recommendations for daily intake.

### NOF'S DAILY CALCIUM RECOMMENDATIONS

- Women under 50 1,000 milligrams (mg)\*
- Women 50 and older 1,200 mg\*
- Men under 71 1,000 mg\*
- Men 71 and older 1,200 mg\*

\*This includes the total amount of calcium you get from both foods and supplements.

*It's also important not to exceed upper level limits for calcium intake as established by the Institute of Medicine ranging from 2,500 – 3,000 mg per day for adults.*

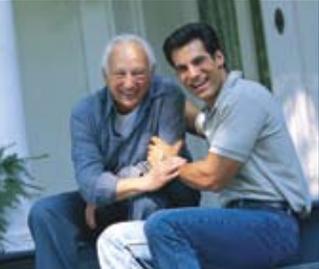


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### ADDING CALCIUM RICH FOODS TO YOUR DIET CAN BE EASY

Here are some suggestions:

Breakfast	Estimated calcium content in milligrams (mg)
Fat-free milk, 8 oz.	300
Calcium-fortified cereal, 8 oz.	80-1,000 (content varies, read label)
Calcium-fortified soy milk, almond milk or rice milk, 8 oz.	300
Lunch	
Grated parmesan cheese, 1 tbsp	55
Canned salmon, 3 oz	180
Kale, cooked, 8 oz.	175
Snacks	
1 orange, medium	50
5 Dried figs	135
Cottage cheese, low-fat, 4 oz.	70
Dinner	
Cooked broccoli, 8 oz.	60
Mozzarella cheese, part-skim, 1 oz.	205
Low-fat yogurt, 8 oz.	300
Calcium-fortified orange juice or other fruit juice, 8 oz.	300

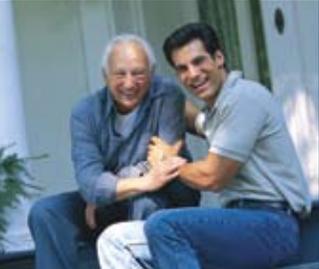


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### HOW CAN I ESTIMATE MY DAILY CALCIUM INTAKE?

The calcium calculator can help you estimate the amount of calcium you get from food on a typical day. It can also help you learn how much more calcium you need each day from other food sources or supplements. Follow the instructions below for completing the calcium calculator.

Product	Servings Per Day	Calcium (mg)	Total
Milk (8 oz.)		x 300	=
Yogurt (6 oz.)		x 300	=
Cheese (1 oz. or 1 cubic inch)		x 200	=
Fortified Foods & Juices		x 80-1,000	=
Estimated total from other foods			= 250
<b>Note:</b> Increase this amount if you get more than 250 mg of calcium from other foods.			
Total Daily Calcium Intake, in mg			=

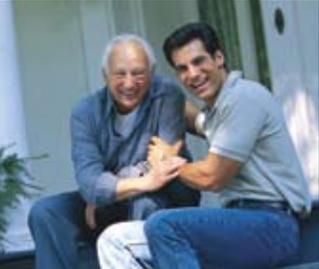
**Step 1:** Estimate the number of servings you have on a typical day for each type of food. One serving is equal to approximately:

- 8 oz. or one cup of milk
- 6 oz. of yogurt
- 1 oz. or 1 cubic inch of cheese

The amount of calcium in fortified foods and juices ranges from 80 - 1,000 mg. Read food labels to estimate the amount of calcium contained in these foods.

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## BONE BASICS ALERT



**Step 2:** List the estimated number of servings of each food item under “Servings Per Day.”

**Step 3:** Multiply the number of “Servings Per Day” by the number of milligrams (mg) under “Calcium.” For example: if you have about two servings of milk per day, multiply  $2 \times 300$  to get a total of 600 mg of calcium from milk.

**Step 4:** After you have calculated the total amount of calcium for each product, add these totals in the right hand column to get your Total Daily Calcium Intake.

**Note:** 250 mg of calcium is automatically added under “Estimated total from other foods.” Most of us get about this amount of calcium each day from other foods like vegetables, breads and other grains.

**Step 5:** Subtract your final total daily calcium intake from the recommended amount of calcium you need each day. This number is the additional calcium you need each day. You can get this additional calcium by adding calcium-rich foods to your diet or by taking a calcium supplement.