

CALCIUM: FOR BONE HEALTH

WHAT TO KNOW ABOUT CALCIUM?



ESSENTIAL MINERALS

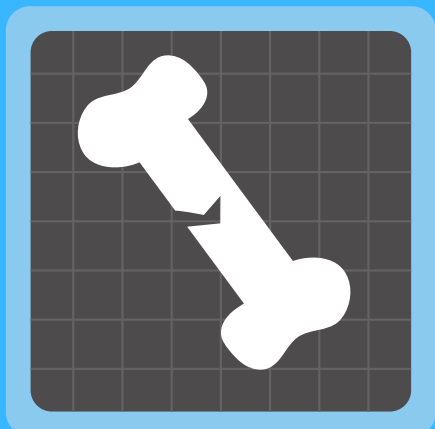
We need Calcium to maintain a strong and healthy bones and teeth.

Did you know? 99% of our body Calcium stores in bone, and the rest of 1% is found in blood and muscle tissues.



PERFORM BODY VITAL DAILY FUNCTIONS

Calcium is constantly depositing and withdrawing from our bones to regulate and perform the vital daily functions in our body (i.e. muscle contraction, nerve functions, hormone secretion).



LOW CALCIUM INTAKE

As we grow older, a low Calcium food intake will cause our bones to become weak and fragile. Also, our body may not able to fully absorbs on the Calcium intake as we get older. Our bones do not produce calcium. Elder adults may have higher calcium needs, especially women have increased needs sooner than men.



FOOD SOURCE

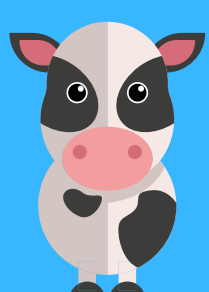
It is critical to maintain our body Calcium via daily food intake. Calcium is naturally found in dairy products, commercially fortified food items with calcium, and some vegetable. Individual who has lactose intolerance may try to eat/drink dairy products in a small amount or take lactase enzyme supplement (after consult with own's health care providers) to help getting the Calcium needs through food.



RECOMMENDED INTAKE AMOUNT

The Recommended Dietary Allowance (RDA) for calcium:

- Women 19-50 years old: 1,000 mg daily
- Women 51+ years old: 1,200 mg daily
- Men 19-70 years old: 1,000 mg daily
- Men 71+ years old: 1,200 mg daily



If you are considering taking supplement in addition to your diet, you will need to remember to Not Exceed 2500mg per day for adults between ages 19-50, and 2000mg per day for adults over 51.



FOOD THAT ARE HIGH IN CALCIUM



During Shopping:

- Read the Nutrition Facts labels and look for the Calcium content
- Create a shopping list and include foods naturally high in calcium OR buy food items that are fortified with calcium

Reach out to Your Health Care Team:



It is important to reach out to your health care providers if you feel like you are not able to get adequate calcium through food source, and calcium supplement may be needed through a multivitamin or single vitamin.

Dairy Food Sources:

- Dairy Products (Cow's milk, Cheese, Yogurt)
- Fat-free and low-fat milk have a similar amount of calcium as whole milk



Non-Dairy Food Sources :

- Fortified Plant-Based Milk (i.e. soy, almond, rice)
- Calcium Fortified Orange Juice
- Almonds, almond butter
- Edamame, Soybeans, Tempeh
- Tofu (made with calcium sulfate)
- Canned sardines, salmon (with bones)
- Leafy greens (i.e. bok choy, broccoli, collard, mustard, turnip, kale, spinach), and winter squash



During Meal or Snack Time:

- Add milk, soy, almond or rice milk to breakfast cereals
- Drink calcium fortified beverage or milk with meals
- Add high calcium vegetables (i.e. bok choy, broccoli, collard, mustard, turnip, kale, spinach) to lunch or dinner meals
- Consider high calcium food for snacks (i.e. cottage cheese, yogurt, cheese, edamame, figs, almonds)
- For coffee or tea, consider adding milk, soy or almond milk to fortify it with calcium.



鈣：促進骨骼健康

補鈣需要注意什麼？



必需的礦物質

我們需要鈣來維持強壯健康的骨骼和牙齒。

你可知道？ 我們體內 99% 的鈣儲存在骨骼中，其餘 1% 存在於血液和肌肉組織中。



執行身體重要的日常功能

鈣不斷地從我們的骨骼中沉積和排出，以調節和執行我們體內重要的日常功能（即肌肉收縮、神經功能、激素分泌）。



低鈣攝入量

隨著年齡的增長，低鈣食物攝入量會導致我們的骨骼變得脆弱。此外，隨著年齡的增長，我們的身體可能無法完全吸收鈣的攝入量。我們的骨骼不能產生鈣。老年人對鈣的需求可能更高，尤其是女性比男性更早需要鈣。



食物來源

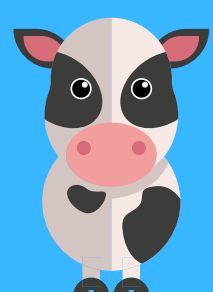
通過日常食物攝入來維持我們體內的鈣質至關重要。鈣天然存在於乳製品、商業強化鈣食品和一些蔬菜中。有乳糖不耐症的人可以嘗試少量吃/喝乳製品或服用乳糖酶補充劑（在諮詢自己的醫療保健提供者後）以幫助通過食物獲得鈣的需求。



推薦攝入量

鈣的推薦膳食攝入量 (RDA)：

- 19-50 歲的女性：每天 1,000 毫克
- 51 歲以上的女性：每天 1,200 毫克
- 19-70 歲男性：每天 1,000 毫克
- 71 歲以上的男性：每天 1,200 毫克



如果您考慮在飲食之外服用補充劑，您需要記住，19-50 歲的成年人每天不要超過 2500 毫克，51 歲以上的成年人每天不要超過 2000 毫克。



含鈣量 高的食物



購物期間：

- 閱讀營養成分標籤並查找鈣含量
- 創建一個購物清單，包括天然含鈣量高的食物或購買鈣強化食品

聯繫您的醫療保健 團隊：



如果您覺得自己無法通過食物來源獲得足夠的鈣，並且可能需要通過多種維生素或單一維生素補充鈣，請務必聯繫您的醫療保健提供者。

乳製品來源：

- 乳製品（牛奶、奶酪、酸奶）
- 脫脂和低脂牛奶的鈣含量與全脂牛奶相似



非乳製品來源：

- 鈣強化的植物奶（即大豆奶、杏仁奶、米奶）
- 鈣強化橙汁
- 杏仁、杏仁黃油
- 毛豆、大豆、豆豉
- 豆腐（用硫酸鈣製成）
- 沙丁魚罐頭、鮭魚（帶骨）
- 綠葉蔬菜（即白菜、西蘭花、羽衣甘藍、芥末、蘿蔔、羽衣甘藍、菠菜）和冬瓜



在用餐或點心時間：

- 在早餐麥片中加入牛奶、大豆奶、杏仁奶或米奶
- 用餐時喝鈣強化飲料或牛奶
- 在午餐或晚餐中加入高鈣蔬菜（即白菜、西蘭花、羽衣甘藍、芥末、蘿蔔、羽衣甘藍、菠菜）
- 考慮將高鈣食物作為零食（即乾酪、酸奶、奶酪、毛豆、無花果、杏仁）
- 對於咖啡或茶，可以考慮加入牛奶、豆奶或杏仁奶來強化鈣。

