

Feed Your Bones!!!

- Milk and milk products are the best sources of calcium.
- Calcium is better absorbed when taken throughout the day.
- Vitamin D is needed to absorb calcium and can be obtained from sunlight exposure, eggs, fortified milk and fortified orange juice.
- Osteoporosis begins early in life. Prevent it with adequate calcium intake and weight-bearing exercise.

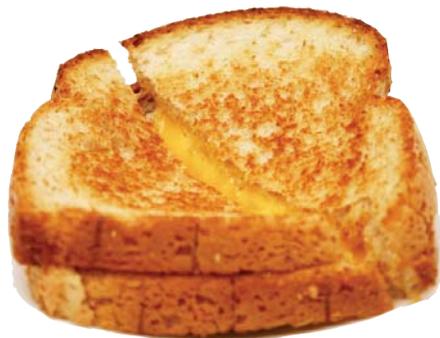
How Much Calcium Do We Need?

Age Group	Daily Reference Intake
1-3 years old	500 mg
4-8 years old	800 mg
9-18 years old	1,300 mg
19-50 years old	1,000 mg
over 50 years old	1,200 mg
Pregnant or lactating (breast feeding), over age 19	1,000 mg
Pregnant or lactating (breast feeding), under 19 years old	1,300 mg



Good Sources of Calcium

Food	Portion Size	Calcium
Plain yogurt	1 cup	450mg
Grilled cheese sandwich with 2 slices of cheese	1 sandwich	371mg
Fat-free or low-fat milk	1 cup	300mg
Orange juice with calcium	1 cup	300mg
Low-fat chocolate milk (1%)	1 cup	285mg
Fortified cereal	1 ounce	236-1,043mg
Mac & cheese	½ cup	180mg
Collard greens, boiled	½ cup	179mg



Authors:

Heli J. Roy, PhD, RD, LDN

Annrose Guarino, PhD, RD, LDN

Brandy Williams, BS

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Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

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