

Health Minute™

Calcium

The majority of Americans do not get enough calcium on a daily basis. Calcium builds strong, dense bones early in life and keeps bones strong and healthy later in life. About 99 percent of the calcium in our bodies is found in our bones and teeth. Calcium also allows blood to clot, nerves to send messages, muscles to contract, and other body functions. The human body cannot produce calcium on its own which is why it's important to get enough calcium through the foods we eat. When our diet does not have enough calcium for our body's needs, calcium is taken from the bone which can lead to osteoporosis.



Sources of calcium	How much calcium do you need each day?
Milk Cheese Yogurt Sardines or canned salmon (with bones) – Dr. Ruggieri's choice Broccoli Tofu Turnip greens Kale Eggs	Under age 50: 1000mg of calcium and 400-800 IU of vitamin D 50 and over: 1200mg calcium and 800-1000 IU of vitamin D Too much calcium can sometimes cause kidney stones. The safe upper limit for calcium from all sources is 2000-2500mg daily. (source: National Osteoporosis Foundation)