

NUTRIFAX[©]

2008

Calcium Builds Strong Bones and Teeth

Calcium is a mineral used to produce and maintain dense bones and teeth. It is also required for vital functions like nerve activity, muscle contraction and blood clotting.

There is evidence that suggests that the amount of calcium one consumes over a lifetime, versus a short period of time, is important in helping people maintain bone density. Therefore, it is important to meet the basic requirements each day. If you think you are not consuming enough calcium in your diet talk to your physician about taking a calcium supplement.

Osteoporosis is the long term effect of inadequate calcium in adulthood or an increase in bone fractures in children. Proper training and eating more calcium-rich foods are important solutions to these health issues according to Dr. Khosla from the Mayo Clinic. This bone weakening disease develops gradually and makes bones so fragile they fracture with regular use.

Nearly one-half of all women over age 50 suffer bone fractures due to osteoporosis. It is often extremely painful and crippling.

Weight bearing activities such as walking benefit bone health. Studies link physical activity with increased bone strength in children, teens, men, and women, and even adults 90 years of age or older.

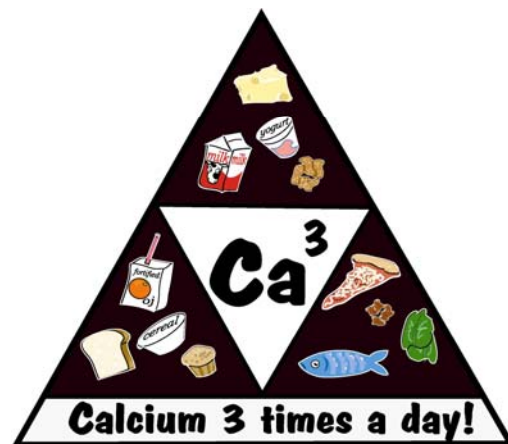
Calcium is readily available from foods with natural or fortified calcium. However, many children are replacing milk with sweetened beverages such as soft drinks. Parents play an important role in encouraging their children to eat calcium rich foods.

Vitamin D from fortified foods or sunshine helps your body absorb the calcium in food and deposit it in bones and teeth. Milk, some cereals, and juices are fortified with Vitamin D.

Today's teens drink three times more soft drinks than milk – 87% of teenage girls and 64% of teenage boys are not meeting their recommendations!

Chocolate flavored milk may be a simple solution to get calcium for those who don't care for milk. Studies have shown that children tend to drink more of the chocolate

flavor, thereby increasing intake.



Foods with Natural Calcium

- Milk
- Cheeses
- Yogurt
- Broccoli
- Sardines
- Almonds
- Beans, white, red, or brown
- Leafy Greens such as kale
- Canned Salmon

Foods with Fortified Calcium

- Breakfast Cereals
- Fruit Juices
- Crackers
- Pancake and Muffin Mixes

(Read the package label to see if product is fortified with calcium)

Food and Nutrition Services can assist in providing nutrition information.
Call 703-813-4800 and ask for a Registered Dietitian.