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UTM EatWell

Calcium & Vitamin D

You probably know that calcium and vitamin D are important nutrients for bone health, but did you also know that they play a role in maintaining immune function? New research shows important links between calcium and vitamin D intake and the prevention of cardiovascular disease, diabetes, and some cancers.

Are You Getting Enough?

Calcium must be consumed regularly in order to maintain a healthy level in the blood. If not consumed regularly, our bodies will “steal” stored calcium from our bones, which can weaken them.

Vitamin D can be made in our bodies when our skin comes in contact with sunlight; however people with darker pigment and those that avoid the sun (e.g. staying inside during the cold winter months) or women who wear head scarves/veils may not be getting enough vitamin D.



Calcium

Between the ages of 9 and 18, you need **1300 mg** of calcium daily.
If you are 19 – 50 years old, you need **1000 mg** of calcium each day.

Vitamin D

You need **600 I.U.** (15 µg) of vitamin D daily. Different amounts are needed by infants, seniors and pregnant or breastfeeding women.

Food Sources Of Calcium & Vitamin D

Some food sources of calcium

Cheddar cheese (50 g /1 oz)	360 mg
Yogurt, plain (175 g /¾ cup)	320 mg
Milk or soy beverage, fortified (250 mL /1 cup)	315 mg
Sardines (in oil), with bones (75 g /2½ oz)	285 mg
Tofu (150 g /¾ cup)	235 mg
Salmon, canned, with bones (75 g /2½ oz)	187 mg
Almonds, roasted (60 mL /¼ cup)	115 mg
Bok choy, boiled (125 mL /½ cup)	85 mg
Broccoli, cooked (125 mL /½ cup)	35 mg

If you are not eating these foods on a regular basis, you may benefit from a calcium and/or vitamin D supplement, particularly in the winter months.

Talk to your doctor, or the Dietitian on campus to find out more.



Some food sources of vitamin D

Salmon, with bones (75 g /2½ oz)	200 I.U.
Halibut, baked or broiled (75 g /2½ oz)	145 I.U.
Milk or soy beverage, fortified (250 mL /1 cup)	105 I.U.
Margarine (15 mL /1 Tbsp)	80 I.U.
Eggs, hard-boiled (2)	50 I.U.
Tuna, light, canned (75 g /2½ oz)	40 I.U.

Source: Canadian Nutrient File 2010 www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php



Need some **FREE** professional help?

The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a **Registered Dietitian** who can assess your diet and help you make changes. Call (905) 828-5255 to make an appointment.