Boning Up on Calcium and Vitamin D

Ideas for Increasing Calcium Intake:

- Dairy foods like milk and yogurt make a great addition to breakfast or any meal/snack.
- Make "milksicles" by pouring milk or flavored milk into popsicle molds and freezing.
- Stir 2 tablespoons of non-fat dry milk powder into your favorite beverage.
- Whip up a smoothie with milk, yogurt, fresh fruit and ice cubes.
- Make a yogurt parfait with yogurt, fruit and cereal or granola.
- Make hot cereal or soups with milk instead of water. Use milk for instant cocoa instead of water.
- Use plain yogurt as a substitute for sour cream or mayonnaise in recipes or dips or use as a topping for foods like baked potatoes.
- Use canned salmon with bones or sardines with bones in place of tuna in sandwich spreads, fillings or on a bagel.
- Chop tofu or tempeh into a green salad, grill it with herbs or add some to your favorite stir-fry dish.
- Include or eat broccoli, kale, okra and turnip greens regularly.
- Add cheese to sandwiches, casseroles or serve as snacks.
- Look for foods with added calcium such as calcium fortified orange juice or breakfast cereals.
- Add sesame seeds to foods like muffin mixes, cereal or yogurt parfaits.
- Tahini paste in hummus is also a good source.

Ideas for Increasing Vitamin D:

- Have exposure to sunlight for 10-15 minutes three times per week. If your skin is darker, you may need to spend a little longer in the sun.
- Take a vitamin D supplement if recommended by your medical provider.

The best way for your child to meet his or her calcium need is through eating foods high in calcium. However, your doctor may suggest a supplement to help your child meet his or her calcium needs.

Sources of Vitamin D in foods:

- Fish such as salmon, tuna and mackerel are very good sources of vitamin D.
- Milk, many ready to eat cereals and some yogurt and orange juices are fortified with vitamin D.
- Small amounts are found in beef liver and egg yolks.

Some important things to remember:

- Taking vitamins and minerals with a meal may increase absorption.
- If your total calcium daily dose is more than 600 milligrams, divide your dose and space it throughout the day.
- Taking a multivitamin does not ensure adequate calcium intake. Most multivitamins provide between 200-500 mg of calcium.
- Ask your healthcare provider before starting any vitamin or mineral supplement and tell him/her if your child is on any medications–some supplements may interfere with them.

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Children's Mercy

Why are Calcium and Vitamin D Important?

- Calcium and Vitamin D are important for building healthy bones.
- If calcium levels in the blood drop below normal, calcium will be "borrowed" from the bone. If this happens for a long time, it can cause the bones to become brittle.

How much does my child need?

The pictures below show how much milk, or milk equivalents, your child needs per day to meet his or her calcium needs.

1– 3 years old = 2 cups   4 - 8 years old = 3 cups   9 –18 years old - 4 cups

Age	DRI for Calcium (milligrams/day)	Vitamin D (international units/day)	Vitamin D (micrograms/day)
0-6 months	200	400	10
7-12 months	260	400	10
1-3 years	700	600	15
4-8 years	1000	600	15
9-13 years	1300	600	15
14-18 years	1300	600	15
19-30 years	1000	600	15

Calcium Intake and Food

Calcium Equivalents: each equals 300 mg of calcium- One serving of milk is 8 oz. or 1 cup. You can trade 1 cup of milk for other foods when you eat the amounts shown below. Items with a yellow star are great sources of vitamin D.

1 cup	Milk ⭐
1 cup	Yogurt
1 ½ each	Mozzarella string cheese
1½ oz.	Cheese, hard
1 1/2 cup	Cottage Cheese
1/3 cup	Powder, Non-fat dry milk ⭐
2/3 cup	Calcium-fortified soy milk ⭐

1½ cup	Frozen yogurt, milk based
1 cup	Calcium-fortified orange juice
1 cup	Pudding, snack cup (Hunts)
1¼ cup	Macaroni and cheese
1 cup	Amaranth, cooked
4 1/2 each	Orange—medium sized

1½ -2 cups	Broccoli, kale, okra, mustard greens, turnip greens-cooked
4-6	Sardine with bones ⭐
6 oz.	Tofu processed with calcium
2½ -3 cups	Beans (red, pinto, white, edamame)
3 3/4 cups	Sweet potatoes, mashed