

Calcium and Vitamin D

Calcium and Vitamin D work together to keep the body healthy and build strong bones.

Calcium is an important mineral for building strong bones and teeth. It also keeps nerves and muscles working properly. Vitamin D is a vitamin the body needs in order to absorb and use calcium. Milk is one of the best sources of both vitamin D and calcium, but there are other sources too.

Daily Calcium Needs	
Children 1 to 3 years	500 mg
Children 4 to 8 years	800 mg
Adolescents 9 to 18 years	1300 mg
Adults 19 to 50 years	1000 mg
Adults 51+ years	1200 mg
Pregnant 14-18 years	1300 mg
Pregnant 19-50 years	1000 mg



Where is calcium found in they body?

About 99% of the calcium in the body is found in the bones and teeth and 1% is in the blood, muscles, nerves, and organs.

Vitamin D...the “sunshine vitamin”

Did you know that vitamin D is formed in the skin when you are outside in the sun? That is why it is often called the sunshine vitamin. About 15 minutes of sunlight for fair-skinned people and about 3 hours for dark-skinned people will provide enough vitamin D for several days. Vitamin D is also found in fish oil, some types of fish (salmon, halibut, herring, tuna, oysters, and shrimp), and fortified milk and cereals.

How to get the calcium and vitamin D you need...

- Eat three servings of foods from the milk, cheese, and yogurt group each day. One cup (8 ounces) of milk counts as one serving and provides about 300 mg of calcium. Other foods made from milk such as low fat yogurt, pudding, ice cream, cheese, and creamed soups are also good sources of calcium.
- Canned fish, like sardines and salmon, provide calcium if the bones are eaten.
- Dark green leafy vegetables, beans, and broccoli also have calcium.

Know how. Know **now**.

How much calcium do different foods have?

Sardines, canned with bones (3 ounces)	325 mg
Milk, skim (1 cup)	306 mg
Milk, 2% low fat chocolate (1 cup)	288 mg
Milk, 2% (1 cup)	285 mg
Nonfat dry milk powder (1/3 cup)	283 mg
Milk, whole (1 cup)	276 mg
Yogurt (1 cup)	275-450 mg
Collards, cooked (1 cup)	260-360 mg
Swiss cheese (1 ounce)	220-225 mg
Turnip greens, cooked (1 cup)	197-249 mg
Salmon, pink, canned with bones (3 ounces)	181 mg
American cheese (1 ounce)	150-160 mg
Cottage cheese (1 cup)	135-155 mg
Tofu (1/4 block)	133-163 mg
Okra, cooked (1 cup)	123-177 mg
Perch, baked (3 ounces)	116 mg
Pinto beans, cooked (1 cup)	79 mg
Broccoli, cooked (1 cup)	62 mg

Speedy Rigatoni

Makes 6 servings

2 cups tomato sauce
1 cup cottage cheese or ricotta cheese
16 ounces rigatoni pasta, cooked and drained
2 1/2 cups shredded mozzarella cheese (divided)
1/4 cup grated Parmesan cheese
1 1/2 teaspoons Italian seasoning

1. Preheat oven to 350° F.
2. Cook pasta according to package directions.
3. Mix tomato sauce, Italian seasoning, and ricotta cheese in mixing bowl.
4. Toss rigatoni, tomato mixture, and 1 1/4 cups mozzarella cheese.
5. Pour all ingredients into a lightly greased 2 quart casserole.
6. Cover with remaining mozzarella cheese; sprinkle Parmesan cheese over the top.
7. Bake for 15-20 minutes or until thoroughly heated.

Nutrition Information per Serving: 460 calories, 11 g fat, 6 g saturated fat, 35 mg cholesterol, 930 mg sodium, 64 g carbohydrates, 4 g fiber, 8 g sugar, 29 g protein, vitamin A 10%, vitamin C 10%, calcium 45%, iron 20%

Source: Virginia Cooperative Extension, "Calcium, Vitamin D and Your Health", Michigan State University Extension "Eating Right is Basic", and USDA National Nutrient Database for Standard References, Release 17.