

Calcium and Vitamin D

NUTRITION EDUCATION PROGRAM FACT SHEETS

Why are calcium and vitamin D important?

Calcium and Vitamin D work together to keep the body healthy. 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 many other sources.

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.

Daily Calcium Needs

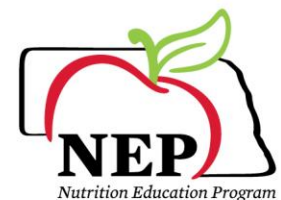
Children 1 to 3 years	500 mg
Children 4 to 8 years	800 mg
Adolescents 9-18 years	1300 mg
Adults 19-50 years	1000 mg
Adults 51+ years	1200 mg
Pregnant 14-18 years	130 mg
Pregnant 19-50 years	1000 mg



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.



Breakfast Smoothie

2 servings

Ingredients:

- 1 c. Nonfat plain yogurt
- 1 c. 1% or nonfat milk
- 1 ¾ c. Whole fresh or frozen strawberries, hulled
- 1 Fresh peach, peeled and sliced, or ¾ cup frozen peach slices
- 2 tsp. Vanilla extract
- 2 T. Chopped walnuts
- 2 Whole strawberries (optional)



Directions:

1. Place first 5 ingredients in a blender. Puree mixture for 15-20 seconds.
2. Pour into two tall glasses and top each with 1 tablespoon chopped nuts.
3. Garnish glass with strawberry, if desired.

Note: If you prefer a thicker smoothie, replace the peach with 1 small sliced banana.

Nutritional Information per Serving: Calories: 210; Fat: 6 g; Saturated Fat: 1 g; Cholesterol: 10 mg; Sodium: 135 mg; Calcium: 30% Daily Value; Protein: 12 g; Carbohydrates: 29 g

Sources: Virginia Cooperative Extension, "Calcium, Vitamin D and Your Health", Michigan State University Extension "Eating Right is Basic." Recipe provided by Jennifer Meyer, RD, LMNT, Director of Nutrition Education, American Dairy Association and Dairy Council of Nebraska.

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