



1040 N.W. 22nd Avenue ~ Suite 330 ~ Portland, OR 97210
Phone 503 274-9936 ~ Fax 503 274-2660
www.CascadeWomensHealth.org

OSTEOPOROSIS AND CALCIUM SUPPLEMENTATION

It is important to try to avoid developing osteoporosis. You need to get calcium daily to help keep your bones strong. Many women need to add a calcium supplement to their diets. You do not need a prescription for this. There are many calcium supplements available and, for example, one regular Tums has 500 mg of calcium carbonate, which is 200 mg of elemental calcium. One Tums E-X has 750 mg calcium carbonate, which is 300 mg of elemental calcium. A Tums ultra tablet has 1000 mg calcium carbonate, which is 400 mg of elemental calcium.

Your body absorbs calcium best if taken with food. Most women also need a Vitamin D supplement (400 IU a day) and you can get this with one multivitamin pill a day. Regular exercise is also important for maintaining healthy bones.

DIETARY CALCIUM SOURCES

Calcium - 1000 mg

- 1200 mg - Pregnant
- 1200 mg - Lactating
- 1500 mg ó Postmenopausal

Vitamin D - 200IU - ages 19-50

- 400IU - ages 51-69
- 600 IU - above age 70

Mg Dairy (1 cup)

635	Evaporated Milk
315	Goat Milk
300	Skim Milk
300	Buttermilk
290	Whole Milk
80	Mom's Milk
270	Yogurt (part skim)
250	Yogurt (whole)
230	Cottage Cheese
200	Ice Cream
195	Whipped Cream
45	Butter
260	Swiss Cheese (1oz)
220	Edam Cheese (1oz)
215	Cheddar Cheese (1oz)
70	Parmesan (1 Tbsp grated)

Mg Vegetables (1 cup cooked)

300	Collard
300	Shepard's Purse
250	Bokchoy
210	Kale
200	Parsley
180	Mustard Greens
160	Broccoli
125	Chard
100	Rutabaga
200	Spinach
40	Leaf or Romaine Lettuce
10	Head Lettuce
40	Asparagus
30	Beets
50	Brussel Sprouts
60	Cabbage

Mg Seafood (3oz)

370	Sardines with bones
170	Salmon (canned with bones)
90	Oysters
15	Smoked Salmon
53	Clams
40	Crabmeat
100	Shrimp
7	Tuna

Mg Seaweed (per 25 grams)

350	Hijiki
325	Wakame
290	Arame
200	Kombu

Mg Beans and Peas (1 cup cooked)

150	Tofu (4 oz)
140	Navy Beans
130	Soybeans
100	Pinto
95	Garbanzos
80	Limas and Black Beans
75	Lentils and Kidneys
25	Peanuts (1/4 cup)
20	Split Peas

Mg Grains (1 Cup)

14	Masa Harina
120	Tortillas (2)
24	Cornmeal
8	Cornmeal (degermed)
50	Whole Wheat Flour
20	Whole Enriched Flour
40	Oats
25	Rice
32	Barley
150	Farina

Mg Sprouts

50	Soy
35	Mung
25	Alfalfa

45	Carrots
50	Onions
70	Parsnipes
60	Pumpkin/Squash

Mg Fruits (1 cup)

100	Dried Apricots
210	Cooked Rhubarb
100	Dates
80	Dried Peaches
50	Blackberries
55	1 Orange
25	1 Avocado
30	Strawberries
60	Cooked Prunes

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Mg Nuts and Seeds (1 tbsp)

70	Sesame Seeds
20	Tahini (sesame butter)
20	Pumpkin Seeds
10	Sunflower Seeds
7	Peanuts

Mg Miscellaneous

280	Blackstrap Molasses (2 Tbsp)
190	Brown Sugar (1 Cup)
27	Egg

- Your GI tract can only absorb 500mg of calcium at a time. Try to õspiltö your dosing whether in food

or supplement form.

- To absorb calcium, you will also need Vitamin D. In Portland, we are too far North to get adequate amounts from the sun. Most multivitamins have a enough Vitamin D. Some calcium supplements will also contain Vitamin D. Milk is also fortified with Vitamin D.
- Weight-bearing exercise will help you use the calcium effectively to strength your bones.
- If you need a supplement, there are a variety of calcium supplements on the market, Find one that works for you. Calcium carbonate is cheaper but sometimes causes GI disturbances. If you find you are having trouble supplementing if you need to, please discuss this with your health provider.