

Calcium, Bones, and Osteoporosis

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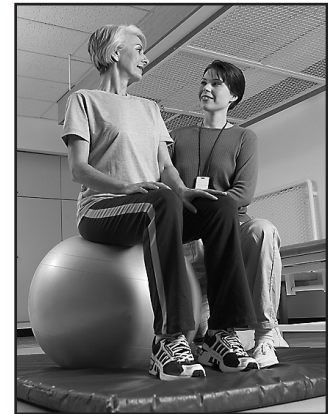
Our bodies contain more calcium than any other mineral, with 99 percent being found in the bones and teeth.

Osteoporosis means “porous bones.” The bones are weakened by the loss of minerals, especially calcium, from their structure. The bones stay the same size, but on the inside, some of them become full of holes like brittle pieces of coral or a hard, dry sponge. This happens slowly over many years.

What is your risk for osteoporosis?

Some factors:

- Female
- Middle age to older adult
- Caucasian or Asian (although Hispanics and African Americans are affected but to a lesser degree)
- Small bone structure
- Low body weight
- Early menopause, either natural or caused by surgery
- Family history of osteoporosis



If you find you meet most or all of these criteria, there are things you can do to help reduce your risk of developing osteoporosis or diminish its effects.

Are you getting enough calcium?

Our bodies contain more calcium than any other mineral, with 99 percent being found in the bones and teeth. Building and keeping strong bones is a lifelong commitment. Prevention is the best defense against osteoporosis. But first, you have to know how much calcium you are getting. The chart on the back illustrates different calcium sources and how much calcium each food contains. Determine how much you are getting, based on your serving size of the same food. This chart won't tell you 100 percent of your calcium intake because this is just a sampling of food rich in calcium. But it will help you have an idea of your intake.

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How Much Calcium Do I Get?

Calcium Sources	Serving Size	Calcium Contents (mg)	My Serving size	My Calcium Intake (mg)
Dairy				
Milk, all types	8 oz (1 cup)	300		
Skim milk powder	1¼ cup	400		
Cheese, hard, aged	1 oz	400		
Cheese, processed	1 oz	150		
Cottage cheese	1 cup	140		
Ricotta cheese	½ cup	335		
Yogurt, low-fat, nonfat	8 oz	415		
Yogurt with fruit, low-fat	8 oz	370		
Frozen yogurt, low-fat	1 cup	175		
Ice cream, ice milk	1 cup	150		
Milkshake	8 oz	300		
Pudding, custard	1 cup	150		
Nondairy				
100% Fruit juice with calcium	¾ cup	225		
Pasta, calcium-fortified	½ cup	225		
Tofu, untreated	½ cup	130		

Tofu, processed with calcium sulfate	½ cup	430		
Broccoli, cooked	½ cup	45		
Sardines with bones	3 oz	65		
Salmon, canned	3 oz	180		
Mustard greens, cooked	½ cup	105		
Black beans	1 cup	120		
Soybeans	1 cup	175		
Total =				
Recommended daily intake = _____ mg				
My total daily intake of calcium = _____ mg				
How much more calcium do I need? _____ mg				

It's best to get your calcium from foods rich in calcium, but some people need to take a supplement. Calcium carbonate and calcium citrate are the most common types. Consult with your doctor, pharmacist, or dietitian about whether you should take a calcium supplement.

Your body needs vitamin D to use calcium. The sun is an excellent source. Vitamin D is released into the blood when calcium levels drop. Vitamin D is found in some foods like fish, butter, eggs and milk fortified with vitamin D. Too much vitamin D can be dangerous. Check with your doctor to determine if you need additional calcium or vitamin D supplements.

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