

live
well.

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Get Enough Calcium

Your body needs calcium to build strong bones when you are young and keep bones strong as you get older.

Everyone needs calcium, but it is especially important for women and girls. Many people, including most women, do not get enough calcium.

Calcium can help prevent osteoporosis (weak bones). One in two women and one in four men over the age of 50 will break a bone because of osteoporosis.

You should eat foods with calcium every day such as the following.

- ❖ Fat-free or low-fat (1 percent) milk, yogurt, and cheese
- ❖ Broccoli and green leafy vegetables
- ❖ Orange juice with added calcium

You can also take a calcium pill or a multivitamin with calcium every day to supplement your calcium intake.

Vitamin D helps your body absorb (take in) calcium. You can get vitamin D from the following.

- ❖ Salmon and tuna
- ❖ Milk with added vitamin D
- ❖ Some breakfast cereals, yogurt, and juices with added vitamin D
- ❖ Vitamin D pills

Along with making sure to take in enough calcium, it's important to eat plenty of healthy foods.



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