



# Premier Care for Women

*Health Care for Women by Women*

## CALCIUM COUNTER

**Recommended: 1000 – 1200 mg Calcium daily with 2000 IU Vitamin D**

**VITAMIN D:** Recent facts indicate a Vitamin D deficiency may be related to many disease conditions. Recommendations: 2000 I.U. Vitamin D3 (cholecalciferol) each day from all sources.

\*Note many supplements and multivitamins contain Vitamin D2 (ergocalciferol) which is only 25% as potent or bioavailable as D3. Calculate your intake accordingly.

## CALCIUM FOOD SOURCES

Foods which are **EXCELLENT** sources of calcium: (More than 200 milligrams per serving)

1/4 cup powdered skim milk, dry	10 oz milkshake	1 oz. cheese
1/2 cup evaporated whole milk	1 cup buttermilk	2 oz. sardines (1/2 can)
1 cup whole, low fat, skim milk	1/2 cup Tofu w/calcium	1 cup yogurt
8 oz. calcium fortified orange juice	1 cup almonds	

Foods which are **GOOD** sources of calcium: (100-200 milligrams per serving)

1 cup collards/turnip/mustard greens	1/3 cup baked custard	1/2 cup macaroni and cheese
1 cup kale	1/2 cup cottage cheese	1/2 cup ice cream
5 figs	1/2 cup pudding	2 oz. salmon
3/4 cup oatmeal	1 oz. cheese	

Foods which are **FAIR** sources of calcium: (40-100 milligrams per serving)

1/2 cup spinach	1/2 cup artichokes	2 small tangerines
1/2 cup okra	1/2 cup green beans	1 medium orange
1/2 cup broccoli	1/2 cup cabbage	1-2 medium pancakes
2 oz. shrimp	1 cup kidney beans (canned)	1 biscuit
1/2 cup rutabagas	1/2 cup dry beans	1 cornmeal muffin

## SUPPLEMENTS

<b>BRAND</b>	<b>(mg Calcium/Vitamin D<sub>3</sub>)</b>	<b>BRAND</b>	<b>(mg Calcium/Vitamin D<sub>3</sub>)</b>
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Most calcium supplements also include some Vitamin D as the examples below indicate. Please note that additional Vitamin D supplements will need to be added to reach the recommended IU 2000.

Citracal Petites	400 calcium/400 Vitamin D <sub>3</sub>	Os-Cal 500+ D	500/200 Vitamin D <sub>3</sub>
Citracal + D	630 calcium/400 Vitamin D <sub>3</sub>	Os-Cal Ultra	600 calcium/200 Vitamin D <sub>3</sub>
Citracal Plus w/mag	500 calcium/250 Vitamin D <sub>3</sub> With /80 Magnesium	Viactiv (chewable)	500 calcium/200 Vitamin D <sub>3</sub>
Nature Made	1000 Vitamin D <sub>3</sub>		

**The National Osteoporosis Foundation suggests 500mg of calcium or less at any one time. They have found that divided doses throughout the day provide better absorption and deliver calcium more effectively in the body.**

**Compliments of the Alliance for Better Bone Health**