

Bone Health

Calcium is a mineral that is stored in your bones to keep your bones strong.
Vitamin D helps to put the calcium into your bones.

If you don't have enough calcium and vitamin D, not enough calcium gets put into the bones. The **ONLY** time you can put calcium in the bones is during childhood and adolescence. If you don't have enough calcium in your bones, you risk having weak bones as you grow older.

Three Tips for 'good bone health'

1. Follow a healthy diet rich in calcium and avoid drinking soda (Soda takes calcium out of the bones!)
2. Have normal Vitamin D levels for age - supplement if needed
3. Practice weight-bearing/bone strengthening exercises daily

How much do we need?

CALCIUM – preschoolers500 mg per day
school-age kids 800 mg per day
teenagers1300 mg per day
adults1000 mg per day

VITAMIN D – preschoolers15 mcg per day
school-age kids. 15 mcg per day
teenagers15 mcg per day
adults15 mcg per day

Where can you find calcium?

See next page for calcium amounts in some foods.

Where can you find vitamin D?

We make vitamin D from the sun on our skin. But most of us do not get enough sun or we wear sunscreen which prevents vitamin D from being made.

- *Milk, fish, and some yogurts have vitamin D.*

Milk is fortified with vitamin D and if you are NOT having dairy products, you can take a vitamin D supplement as well. Aim for supplements that have 800 to 1000 IU.

When are Calcium and Vitamin D supplements needed?

- Supplements come in all forms - gummies, chewable tablets, powder, and pills.
- Check the label to see how much you are getting per supplement.
- Calcium citrate or calcium carbonate *are preferred* as they are easily absorbed.
- *Avoid* supplements that also contain bone meal or dolomite in the ingredients list as these may be contaminated with lead.

** Store supplements in a safe place out of children's reach – many look and taste like candy**

What are examples of weight-bearing exercise?

- Walking, running, dancing, hiking
- "KidzBop dance" and "Just Dance Kids" videos on YouTube
- "SworKit Kids" app

Where can you find calcium?

Produce	Serving Size	Estimated Calcium*
Collard greens, frozen	8 oz	360 mg
Broccoli rabe	8 oz	200 mg
Kale, frozen	8 oz	180 mg
Soybeans, green, boiled	8 oz	175 mg
Bok Choy, cooked, boiled	8 oz	160 mg
Figs, dried	2 figs	65 mg
Broccoli, fresh, cooked	8 oz	60 mg
Oranges	1 whole	55 mg
Seafood	Serving Size	Estimated Calcium*
Sardines, canned with bones	3 oz	325 mg
Salmon, canned with bones	3 oz	180 mg
Shrimp, canned	3 oz	125 mg
Dairy	Serving Size	Estimated Calcium*
Ricotta, part-skim	4 oz	335 mg
Yogurt, plain, low-fat	6 oz	310 mg
Milk, skim, low-fat, whole	8 oz	300 mg
Yogurt with fruit, low-fat	6 oz	260 mg
Mozzarella, part-skim	1 oz	210 mg
Cheddar	1 oz	205 mg
Yogurt, Greek	6 oz	200 mg
American Cheese	1 oz	195 mg
Feta Cheese	4 oz	140 mg
Cottage Cheese, 2%	4 oz	105 mg
Frozen yogurt, vanilla	8 oz	105 mg
Ice Cream, vanilla	8 oz	85 mg
Parmesan	1 tbsp	55 mg
Fortified Foods	Serving Size	Estimated Calcium*
Almond milk, rice milk or soy milk, fortified	8 oz	300 mg
Orange juice and other fruit juices, fortified	8 oz	300 mg
Tofu, prepared with calcium	4 oz	205 mg
Waffle, frozen, fortified	2 pieces	200 mg
Oatmeal, fortified	1 packet	140 mg
English muffin, fortified	1 muffin	100 mg
Cereal, unsweetened/low-sugar, fortified	8 oz	100-1,000 mg
Other	Serving Size	Estimated Calcium*
Pudding, chocolate, prepared with 2% milk	4 oz	160 mg
Beans, baked, canned	4 oz	160 mg
Chia Seeds	1 oz	179 mg
Almonds	¼ cup (~22 nuts)	96 mg

*The calcium content listed for most foods is estimated and can vary. Check the food label to determine how much calcium is in a particular product.

If you have questions or need more information, please contact:

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