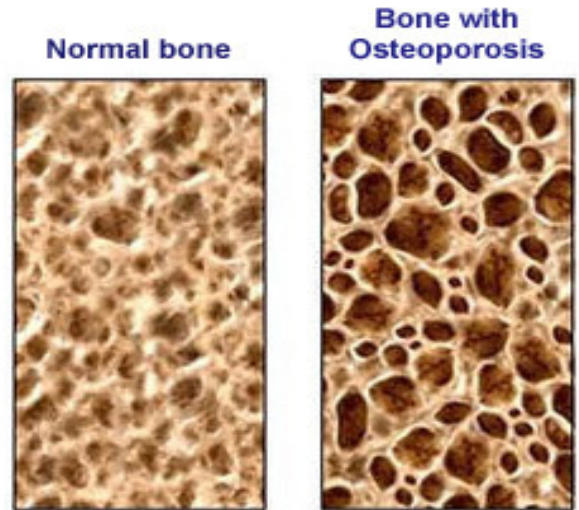


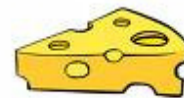
Calcium & Vitamin D Rich Foods

GOOD BONE HEALTH:

- People with Lung Disease are at risk for osteoporosis if they have used corticosteroids for a long time
- Osteoporosis is a disease where bones become weak and more breakable
- You need 1200 mg of calcium and 1000 IU of vitamin D every day
- If you are not getting enough calcium from foods you may need a supplement
- Everyone should take a vitamin D supplement



Food	Serving Size	Calcium Content	Vit D content
Milk (canned and carton)	1 cup	300 mg	100 IU
Chocolate milk	1 cup	300 mg	100 IU
Soy milk with calcium	1 cup	300 mg	100 IU
Yogurt	3/4 cup	400 mg	55 IU
Cheese	1.5 oz (size of 2 dice)	360 mg	4 IU
Pudding made with milk	Half a cup	140 mg	50 IU
Calcium fortified orange juice	Half a cup	185 mg	0
Sardines with bones	1 can (106 g)	400 mg	100 IU
Salmon with bones	75 g (size of palm)	200 mg	0
Broccoli	Half a cup	20 mg	0
Almonds	1/4 cup	100 mg	0
Egg Yolks	1 large egg	0	15 IU
Fish	75 g (size of palm)	0	60 - 200 IU
Margarine	1 tsp	0	25 IU



- * During the summer months your skin can make vitamin D from the sun
- * To make vitamin D you need to be outside for a short time with some skin showing
- * The darker your skin is the longer it takes to make vitamin D
- * People over 50 make less vitamin D from the sun
- * During the fall and winter we cannot make vitamin D and need to take a supplement

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