



CALCIUM

Calcium is an important mineral that is essential for the maintenance of strong bones and healthy teeth, it also helps in keeping the heart beating regularly. Nerve impulses are improved when there is an adequate amount of calcium available. There is more calcium in the body than any other mineral. Phosphorous and magnesium also depend on calcium for a healthy body.

Diseases Caused By a Decrease In Calcium:

- * Rickets
- * Osteomalacia
- * Osteoporosis

These conditions cause a brittling of the bones making them more susceptible to fractures.

What Is The Recommended Daily Requirements Of Calcium?

- * In the average diet it is necessary to have 500mg/day
- * During pregnancy it is necessary to have approximately 1000mg/day
- * During peri-menopause and menopause 1000-1500mg/day

What Affects Calcium Absorption?

- * Caffeine
- * Alcohol
- * Too much salt in the diet
- * Carbonated beverages
- * Too much phosphorous, found in many processed foods

What Things Can I Do To Help Increase My Calcium Absorption?

- * 3-4 servings from calcium a day
- * Getting at least 15 minutes of sunshine a day
- * Avoiding those products that decrease absorption
- * Avoid taking iron at the same time as calcium
- * Weight bearing exercises such as walking 3-4 times a week

Side Effects From Too Much Calcium

- * Increase intestinal gas
- * Constipation

Side Effects From Too Little Calcium

- * Muscle cramps especially in the legs
- * Irregular heart rhythms

What Are Supplements For Calcium Found Over The Counter?

Calcium Citrate Citrical
often better tolerated

Calcium Carbonate
less absorbed

Oscal, Hi Cal, Calcimax, Titalac, Tums, Rolaid

FOOD	AMOUNT	CACIUM (mg.)
Dairy Products		
Milk	1 cup	300mg
Yogurt	1 cup	300mg
Cheddar, American, etc...	1 oz	200mg
Blue Type Cheese	1 oz	80mg
Cottage Cheese, Creamed	1/2 cup	100mg
Vegetables		
Broccoli	1 med stalk	160mg
Spinach	1 cup	160mg
Rutabagas	1 cup	100mg
Sauerkraut	1 cup	80mg
Squash, Winter, Baked	1 cup	80mg
Fruits		
Cantaloupe	1/2 melon	40mg
Cherries	1 cup	40mg
Grapefruit	1 cup	40mg
Orange	1	50mg
Rhubarb, Cooked	1 cup	220mg
Tangerine	1	40mg
Watermelon		10mg
Cereals and Breads		
Pancake (made with egg, milk)	1	150mg
Protein Foods		
Sardines	2 oz	210 mg
Other Foods		
Milk Chocolate, Plain	1 oz	50mg
Custard, Baked	1/2 cup	40mg
Vanilla or Chocolate Pudding	1/2 cup	40mg
Pizza with Cheese	1/2 of 10" diameter	50mg
Macaroni and Cheese	1/2 cup	30mg
Black Strap Molasses	1 Tbsp	40mg