

INCREASE CALCIUM

NUTRITION TIPS TO INCREASE INTAKE OF CALCIUM

Calcium

Why you need it

Cancer treatment may weaken bones putting you at risk for osteoporosis. Calcium can help prevent bone loss.

How much you need

1,000 mg per day for women ages 19-50 & men ages 19-70

1,200 mg per day for women aged 51+ & men aged 71+.

How to get it

Eat foods high in calcium

Calcium is available in many foods including dairy products and fortified plant-based milks, sardines and salmon, almonds and sesame seeds, bok choy, mustard and collard greens, and soy products such as soy milk, tofu, and edamame.



Take a calcium supplement

While it is best to get calcium from your diet, high quality calcium carbonate or calcium citrate supplements can help you reach your daily intake goals.

Take 500-600 mg per day in supplement form or as directed by your doctor.

Combine with Vitamin D

Vitamin D can improve the absorption of calcium in the body. It is also found in fish, mushrooms, and often fortified in dairy and plant-based milks and yogurts.

Spending 15 minutes in the sun without sunscreen between the hours of 10 am - 4 pm twice a week will also boost your vitamin D levels.

Add strength training to your routine

Exercises such as walking, hiking, jogging, dancing, lifting weights, and climbing stairs can prevent calcium loss in the bones.

30-40 minutes twice a week (or more) as your energy levels allow will help protect your bones.

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS