

You need 3 things for strong bones: physical activity, calcium, and vitamin D.

1
Be physically active every day—
at least 60 minutes for
children, 30 minutes for
adults. Do strength-building
and weight-bearing activities
to build strong bones.



Calcium Calculator

Help your bones. Choose foods that are high in calcium. Here are some examples.

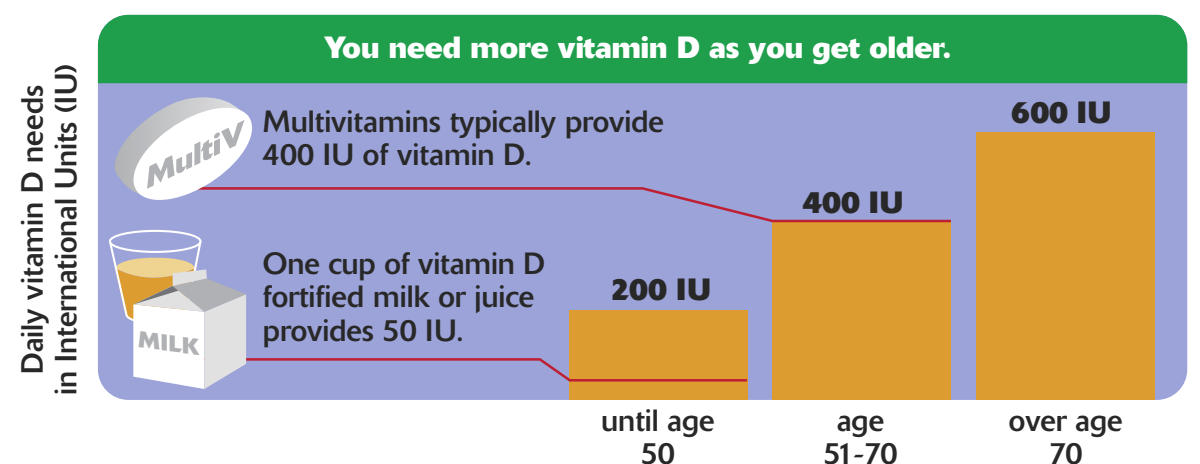
Points Needed:

babies/toddlers (ages 0-3) need**2-5**
children (ages 4-8) need**8**
teens need**13**
adults under 50 need**10**
adults over 50 need**12**

Food	Calcium (mg)	Points
Fortified oatmeal, 1 packet	350	3
Sardines, canned in oil, with edible bones, 3 oz.	324	3
Cheddar cheese, 1 1/2 oz. shredded	306	3
Milk, nonfat, 1 cup	302	3
Milkshake, 1 cup	300	3
Yogurt, plain, low-fat, 1 cup	300	3
Soybeans, cooked, 1 cup	261	3
Tofu, firm, with calcium, 1/2 cup	204	2
Orange juice, fortified with calcium, 6 oz.	200-260 (varies)	2-3
Salmon, canned, with edible bones, 3 oz.	181	2
Pudding, instant, (chocolate, banana, etc.) made with 2% milk, 1/2 cup	153	2
Baked beans, 1 cup	142	1
Cottage cheese, 1% milk fat, 1 cup	138	1
Spaghetti, lasagna, 1 cup	125	1
Frozen yogurt, vanilla, soft-serve, 1/2 cup	103	1
Ready-to-eat cereal, fortified with calcium, 1 cup	100-1000 (varies)	1-10
Cheese pizza, 1 slice	100	1
Fortified waffles, 2	100	1
Turnip greens, boiled, 1/2 cup	99	1
Broccoli, raw, 1 cup	90	1
Ice cream, vanilla, 1/2 cup	85	1
Soy or rice milk, fortified with calcium, 1 cup	80-500 (varies)	1-5
		Your total today

2
Calcium is
critically important
to bone health.
Most Americans
don't get enough
calcium.

3
Vitamin D
helps your body
absorb calcium. As
you grow older your
need for vitamin D
goes up.



You are never too old or too young to improve your bone health.

