

Osteoporosis Prevention Through Diet



Calcium and Vitamin D

Taken together - a winning combination

Recommended Intakes

Intake of Calcium:

women and men age 51+: 1200mg/day

Intake of Vitamin D:

women and men age 51-70: 10mcg/day

women and men age 71+: 15mcg/day

Deficiency Signs and Symptoms

Deficiency of Calcium:

-Inadequate intake causes withdrawal of calcium from bones - no signs.

Deficiency of Vitamin D:

-In children, deficiency causes rickets (failure of bone tissue to properly mineralize)
-In adults, deficiency can lead to osteomalacia (weak, painful bones and muscles)

Groups at Risk of Deficiency

At risk for Calcium deficiency:

Post-Menopausal Women, Amenorrheic Women and the Female Athlete Triad (combination of disordered eating, amenorrhea, and osteoporosis), Lactose Intolerant Individuals, Vegetarians

At risk of Vitamin D deficiency:

Breast fed Infants, Older Adults, People with Limited Sun Exposure, People with Dark Skin, People with Fat Malabsorption, People who are Obese

Sources of Vitamin D:

Flesh of Fish (tuna, mackerel, salmon), Fish Liver Oils, Small Amounts in Beef Liver, Cheese, and Egg Yolks

Sun exposure: 5-30 minutes between 10 am and 3 pm, twice a week

Sources of Calcium:

Milk, Yogurt, Cheese, Green Leafy Vegetables, Almonds, Calcium Fortified Foods (cereal, orange juice, bread, soy beverages, tofu products)

Did You Know?

Vitamin D is essential for absorption of calcium from the stomach and for the functioning of calcium in the body.

Our goal is to help you keep enjoying the things you need and love to do and to provide you with the knowledge to minimize the problem and maintain wellness. We are here to help! Call for a free consultation.

Gainesville Physical Therapy & Wellness, LLC
"Where People Matter and Results Count"

www.GainesvillePhysicalTherapy.com

352-376-6300