

GENERATIONS

OB+GYN

CALCIUM COUNTER

We recommend at least
1200mg of elemental calcium & 1000 units of Vitamin D every day

ESTIMATING YOUR DAILY CALCIUM INTAKE

Glasses of Milk (8oz.)	_____ x 300mg	_____
Servings of Yogurt (8oz.)	_____ x 300mg	_____
Ounces of Cheese	_____ x 200mg	_____
Orange Juice with Calcium (8oz.)	_____ x 300mg	_____
Bowls of Total Cereal	_____ x 1000mg	_____
General Diet, excluding sources above		= 250
Additional Calcium Supplements		_____
Your Daily Elemental Calcium Intake		= _____ mg

CALCIUM SUPPLEMENTS

<u>TYPE / BRAND NAME</u>	<u>ELEMENTAL CALCIUM (mg)</u>
<u>CALCIUM CARBONATE</u>	
Tums/Tums EX	200 or 300
Tums Ultra/Tums 500	400 or 500
Alka Mints	340
Mylanta Calcium Tabs	400
Caltrate 600 +D	600mg/400IU Vit D
CalBurst	500mg/200IU Vit D
Os-Cal D	500mg/200IU Vit D
Viactiv	500mg/100IU VitD
<u>CALCIUM CITRATE</u>	
Citracal Liquitab	500
Citracal + D	315mg/200IU Vit D

**Calcium Carbonate is best absorbed when taken with food
*Look for calcium that is marked with a USP dissolution
to be sure that it will dissolve in the stomach*

The National Osteoporosis Foundation suggests **500mg of calcium or less at any one time**. Divided doses throughout the day provide better absorption and delivers calcium more effectively in the body

- *Compliments of the Alliance for Better Bone Health*

US Dept of Agriculture – Food Sources of Calcium		
Serving Size	Food	Amount of Calcium
1Cup	Yogurt Plain, low fat	415
1Cup	Yogurt, fruit, low fat	300
1Cup	Skim or 1% Milk	302
1Cup	2% Milk	291
1 Cup	Silk Soymilk Plain	300
1 Cup	Rice Milk Plain	300
1 oz	Swiss cheese	272
1 oz	Cheddar cheese	204
1 oz	Colby cheese	194
1 oz	American cheese	174
1Cup	Cottage Cheese (low fat, 2%)	155
1	English muffin with butter	103
1	Beef Taco	174
3 oz	Perch, cooked	117
3 ½ oz	Trout, cooked	218
2 slices	Cheese Pizza (1/4 of 12" pie)	330
1 ½ Cup	Chef Salad	235
½ cup	Macaroni and Cheese	180
1 Large	Plain Hamburger w/Bun	74
1 Cup	Almonds	332
1 Cup	Broccoli, cooked	94
1 Cup	Tomato Soup with skim milk	159
10 fl.oz	Vanilla Shake	344
1 Cup	Vanilla Ice Cream	170
4 oz.	Tofu, soft, made w/calcium sulfate	138

AVOIDING A FALL

Bedroom: Place lights within reach of bed; Use a night-light between bed & bathrooms

Bathroom: Install grab bars on the tub & shower; Place a rubber bath mat or adhesive strips to grab bars to prevent slipping when grasping them with wet hands; Place a shower seat in the bathtub or shower and install a handheld shower so it is possible to bathe while sitting

Dressing: Wear sturdy shoes with low, broad heels and non-skid soles; Avoid loose fitting slippers; Sneakers may give too much traction and cause tripping; Winter boots should fit well and have a thick sole with good treads; Sit down when putting on shoes, stockings or trousers; Keep the length of nightgowns and dresses short enough to avoid tripping when standing or climbing stairs

Outdoor Safety: Cover porch steps with gritty, non-skid waterproof paint and install handrails; Repair cracked & uneven sidewalks; Have adequate lighting at doorways and along walkways; Carry a small bag or rock salt, kosher salt or kitty litter if venturing out on slippery winter sidewalks or street; Use a shoulder bag or fanny pack to leave hands free; Shop at non-peak hours to avoid large crowds of jostling & pushing people