

Calcium From Non-Dairy Foods

Calcium, in addition to vitamin D and weight-bearing exercise, is required for building and maintaining strong and healthy bones. Many people are aware that dairy foods are a rich source of calcium, but there are many other ways to get your daily allowance of this valuable micronutrient.

The chart below outlines some non-dairy foods that are rich in calcium. For more information about how the body uses vitamins and minerals for maintaining health, visit the Nutrition Basics section of CircleofResponsibility.com, under the Well Being tab.

Food Serving	Calcium (mg)	% of RDA, Adults (age 19-50)
Soy milk, calcium fortified, 1 cup	368	37%
Sardines, Atlantic, in oil, drained, 3 oz	325	33%
Tofu, firm, prepared with nigari, ½ cup	253	25%
Collards, ½ cup	178	18%
Molasses, blackstrap, 1 Tbsp	172	17%
Spinach, ½ cup	146	15%
Soybeans, green, ½ cup	130	13%
Turnip greens, ½ cup	124	12%
Ocean perch, Atlantic, 3 oz	116	12%
Oatmeal, instant, fortified, 1 packet prepared	110	10-11%
Cowpeas, ½ cup	106	11%
White beans, ½ cup	96	10%
Kale, ½ cup	90	9%
Okra, ½ cup	88	9%
Soybeans, mature, ½ cup	88	9%
Blue crab, 3 oz	86	9%
Beet greens, ½ cup	82	8%
Bok choy, ½ cup	79	8%
Clams, 3 oz	78	8%
Dandelion greens, ½ cup	74	7%
Rainbow trout, 3 oz	73	7%

*The Recommended Dietary Allowance (RDA) for calcium is 1000 mg/day for adults aged 19-50.

Source:

1. US Department of Health and Human Services and Department of Agriculture. Dietary Guidelines for Americans 2005. <http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixB.htm#AppB4>. Accessed April 2009.

This information is not intended to take the place of advice from a healthcare professional. Check with your physician before starting any diet or exercise program. In addition, while all efforts have been made to ensure the information included in this material is correct, new research is released frequently and may invalidate certain pieces of data. 4/09

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Ten Facts About Bone Health

Osteoporosis is a bone disease that affects millions of people. Bone health is an important issue at any age, and can be maintained by getting plenty of calcium, vitamin D, and by staying physically active. Below are some facts about bone health and osteoporosis that can help you to protect your bones:

1. Bone is living, growing tissue that is both flexible and strong.
2. Throughout life, you are constantly losing old bone and forming new bone.
3. Osteoporosis happens when you lose too much bone, make too little of it or both.
4. You need to get enough calcium and vitamin D every day to keep your bones healthy.
5. Eating plenty of fruits and vegetables benefits your body in many ways, including your bones.
6. Staying physically active helps keep your bones strong and healthy. You should exercise at least 2 and a half hours every week. That's 150 minutes, and more is even better.
7. Today ten million people in the U.S. are estimated to have osteoporosis.
8. About two million men and eight million women have osteoporosis.
9. Half of all women and up to one in four men older than 50 will break a bone due to osteoporosis.
10. You are never too young or too old to protect your bones. Now is the time to take action.

Source:

1. National Osteoporosis Foundation.

http://nof.convio.net/site/PageServer?pagename=NOF_25th_Anniversary_Bone_Facts. Accessed April 2009.

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