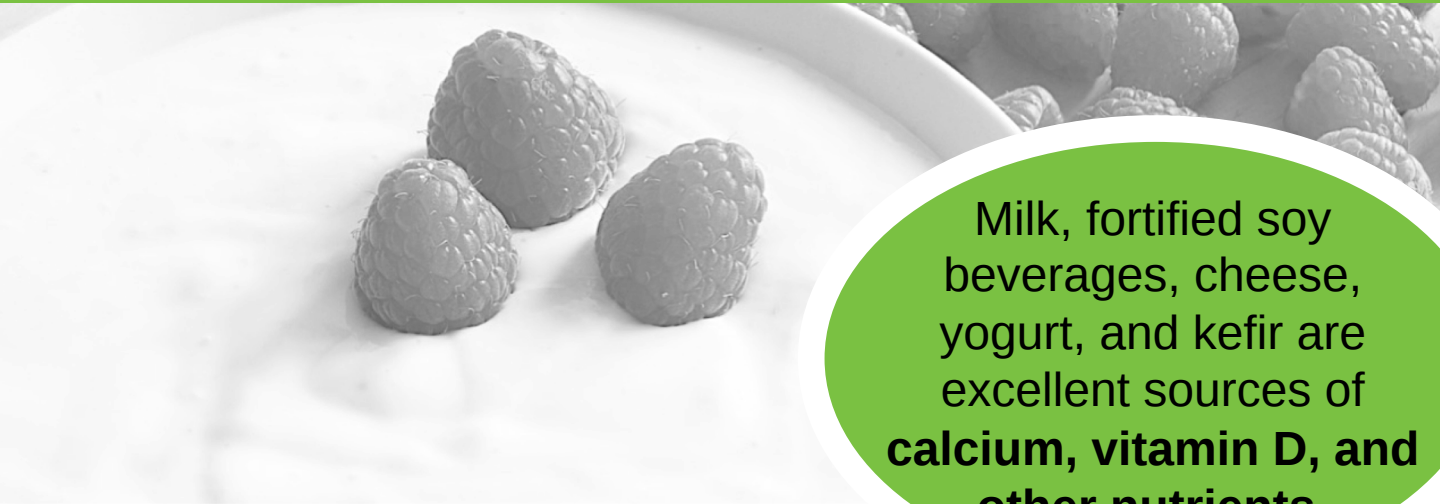


Calcium and Vitamin D

Good nutrition is important at any age



Milk, fortified soy beverages, cheese, yogurt, and kefir are excellent sources of **calcium, vitamin D, and other nutrients.**

Aim for **1200 mg of calcium** and **800 IU of vitamin D** each day if you are over 70 years old.

CALCIUM & VITAMIN D

Calcium and Vitamin D are important for **strong bones.**

Tips to increase calcium and vitamin D in your diet:



Sprinkle grated cheese on sandwiches, salads, and vegetables



Add yogurt, milk, or fortified soy milk to cereal and smoothies



Use milk, fortified soy milk, or skim milk powder to prepare cream soups, stews, or hot cereals



Try other calcium-rich foods like white, navy, or baked beans, almonds, sesame seeds, broccoli, and figs



Try other vitamin D-rich foods like salmon, sardines, eggs, fortified rice beverages, fortified orange juice, and margarine

VITAMIN D & SUNLIGHT

Information on vitamin D and sunlight:

- When your skin is exposed to the sun, your body makes vitamin D
- In Canada, it is hard for your body to make enough vitamin D during the fall and winter
- Eat vitamin-D rich foods and enjoy the sunlight each day to meet your daily requirements

If you are concerned you are not getting enough calcium or vitamin D in your diet, speak with your healthcare provider about supplements.

BANANA SMOOTHIE

Ingredients (1 serving):

- 1 cup milk or fortified soy milk
- 1 frozen banana
- 1 tsp honey
- ¼ tsp vanilla
- 1 pinch of cinnamon

Instructions:

- In a blender, combine all ingredients and blend until smooth

Tip:

- Add flax seed oil to get your omega-3 fats



Calories: 271 kcal

Protein: 6 g

Fat: 4 g

Carbs: 55 g

Fibre: 5 g

Sodium: 104 mg

Calcium: 450 mg

Vitamin D: 120 IU

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.

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