

**Recommends at least
1200 mg of Elemental Calcium and
1000 units of Vitamin D every day!**

CALCIUM COUNTER

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 _____

General Diet, excluding sources above = 250

Additional Calcium Supplements _____

Your Daily Elemental Calcium Intake = _____ mg

CALCIUM SUPPLEMENTS

Type / Brand Name Elemental Calcium (mg)

Calcium Carbonate

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

Calcium Citrate

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

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 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
½ Cup	Carrots, cooked	25
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
3 ½ oz	Chicken Breast (skinless)	15

*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*

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Rev 3/2022

Vitamin-D: Facts You Should Know

We have all learned about Vitamin-D as important for our bones. Indeed it is. We have found much evidence that it's critically important for many other parts of our bodies and a crucial part of our personal health journey.

What's new is as follows:

- 1) **We make Vitamin-D from sunlight only.** Extra comes from drinking milk (100 U an 8 oz glass) or some fish. In winter, the angle of the sun gets so low that no UVB radiation gets into your skin.
- 2) In Wisconsin, our blood levels of Vitamin-D drop from healthy summer levels of >100 nmols/liter in July, to 40 nmols/liter in February. We used to think 40 was enough. It is enough to prevent disease rickets. It is not enough to keep your immune system and other body functions at optimal health.
- 3) Here's what Vitamin-D has been found to do. It acts almost like a hormone telling immature cells to mature into the function they were designed to do. It makes immature immune cells turn into "killer" white cells (The Journal Science: July 2006) when your blood level is above 80. It is associated with lower rates of colds in winter (AJCN, September 2007).
- 4) Cancer Reduction. Better yet, in a recent study from Creighton University, women recruited to take 1,100 U of Vitamin-D for bone health were found to have a 70% reduction in cancer rates in just 5 years (AJCN, June 2006).
- 5) Mortality Reduction. A review of the first 18 randomized research studies using Vitamin-D reported in the Archives of Internal Medicine in September of 2007, showed a 7% reduction in "all cause" mortality with an average addition of just 500 U extra per day.
- 6) Frail elderly fall less. Women get less Multiple Sclerosis. Children get less insulin dependent diabetes. Much more than we can include here.
- 7) It is safe. Again, in September of 2007, a review study showed that 40,000 U a day causes no adverse side effects. The New England Journal of Medicine establishes that 10,000 U a day is safe. Too long of a story to tell.... We used to think it unsafe. That was a historical wrong turn, let's correct it for you this year.

What Will Work For Me? This is very important. Taking Vitamin-D every year from October until April is part of your personal health maintenance. You need at least 1,000 U a day extra. The older you get and the darker your natural skin pigment is, the more you need. Dark skin protects you from sunburn, but it also prevents making Vitamin-D. African Americans should probably take at least 2,000 U a day for the winter.

Any questions, please talk to your doctor or pharmacist. We want to be your partner in maintaining your health for the long haul. Your regular doctor can fill you in more, but start!

Calcium Counter / Vitamin-D Facts – Rev. 10/2021