Prevent bone loss with the right food and exercise.

Learning for Life

The University of Georgia Cooperative Extension

Contact your local office at

- Consume dairy products and other foods rich in calcium and Vitamin D every day.
- Take calcium and Vitamin D supplements if you cannot get enough from food.
- Eat enough protein and 5 or more fruits and vegetables per day for magnesium, potassium, Vitamin K and Vitamin C.
- Do weight-bearing exercise like walking, jogging, tennis, basketball, weight training or soccer.
### Calcium, Dairy Group and Vitamin D Recommendations

<table>
<thead>
<tr>
<th>Age</th>
<th>Calcium milligrams</th>
<th>Vitamin D I.U.</th>
<th>Dairy Group Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 years</td>
<td>700</td>
<td>600</td>
<td>2-2 1/2 cups</td>
</tr>
<tr>
<td>4-8 years</td>
<td>1,000</td>
<td>600</td>
<td>2-2 1/2 cups</td>
</tr>
<tr>
<td>9-18 years</td>
<td>1,300</td>
<td>600</td>
<td>3 cups</td>
</tr>
<tr>
<td>19-70 year old men</td>
<td>1,000</td>
<td>600</td>
<td>3 cups</td>
</tr>
<tr>
<td>19-70 old women</td>
<td>1,200</td>
<td>600</td>
<td>3 cups</td>
</tr>
<tr>
<td>71 and up</td>
<td>1,200</td>
<td>800</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

### What Equals a Cup Serving?
- 1 cup milk, yogurt, pudding or buttermilk
- 1 1/2 ounces hard cheese or 1/3 cup shredded cheese or 2 ounces American cheese
- 2 cups cottage cheese
- 1/2 cup ricotta cheese

### Other Sources of Calcium (Check Food Labels)
- Fortified soy milk, juices, rice milk, breakfast cereals
- Cooked dried beans and peas
- Turnip greens
- Canned salmon with bones
- Almonds

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To preserve bone, do not smoke, drink alcohol excessively or diet too strictly.

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