



Get started with Bone-Healthy Nutrition!

1 Calcium in your diet

Calcium is a mineral that is needed to build healthy bones. The best way to get your calcium is through food; see the following list for some foods rich in calcium. If you think you need a calcium supplement to reach your daily recommended amount, talk to a healthcare professional, like a dietician or pharmacist. Generally, you can only absorb 300 to 500mg of calcium at one time, so be sure to space out your calcium-rich foods or supplements throughout the day. Try the online Calcium Calculator from Osteoporosis Canada (osteoporosis.ca) to add up how much calcium you are getting from your diet.

DAILY CALCIUM RECOMMENDATIONS³

Age 50+ = 1200 mg/day

Age <50 = 1000 mg/day

► CALCIUM-RICH FOODS

	Food	Serving Size	Calcium
Milk & Alternatives	Buttermilk	250 ml = 1 cup . . .	370 mg
	Plain yogurt, 1-2%	175 ml = ¾ cup . . .	332 mg
	Milk – whole, 2%, 1%, skim, chocolate, goat	250 ml = 1 cup . . .	300 mg
	Fortified soy, rice or almond beverage	250 ml = 1 cup . . .	300 mg
	Ricotta cheese	125 ml = ½ cup . . .	300 mg
	Cheese – gruyere, swiss, low fat mozzarella	30 g = 1 oz . . .	300 mg
	Cheese – colby, edam, goat, gouda, blue, brick, cheddar	30 g = 1 oz . . .	200 mg
	Dry powdered milk	75 ml = 1/3 cup . . .	270 mg
	Soft-serve vanilla ice cream	250 ml = 1 cup . . .	238 mg
	Fruit-flavored yogurt	175 ml = ¾ cup . . .	200 mg
	Vanilla frozen yogurt	250 ml = 1 cup . . .	218 mg
	Yogurt beverage	200 ml . . .	190 mg
	Kefir	175 ml = ¾ cup . . .	187 mg
	Plain Greek yogurt, 0%	125 ml = ½ cup . . .	138 mg
	Cottage cheese	125 ml = ½ cup . . .	100 mg
Meat & Alternatives	Canned Atlantic sardines, eaten with bones	75 g = 2 ½ oz . . .	286 mg
	Canned salmon, eaten with bones	75 g = 2 ½ oz . . .	200 mg
	Canned mackerel	75 g = 2 ½ oz . . .	181 mg
	Canned anchovies	75 g = 2 ½ oz . . .	174 mg
	Cooked soybeans	250 ml = 1 cup . . .	170 mg
	Tofu prepared with calcium sulfate	90 g = 3 oz . . .	150 mg
	Tahini/sesame seed butter	30 ml = 2 tbsp . . .	130 mg
	Cooked or canned white/navy/baked beans	125 ml = ½ cup . . .	90 mg
	Unblanched dry roasted almonds	60 ml = ¼ cup . . .	93 mg
Vegetables	Cooked collards	125 ml = ½ cup . . .	141 mg
	Cooked turnip greens	125 ml = ½ cup . . .	104 mg
	Cooked bokchoy	125 ml = ½ cup . . .	84 mg
	Cooked okra	125 ml = ½ cup . . .	65 mg
	Cooked broccoli	125 ml = ½ cup . . .	33 mg
Fruits	Orange juice fortified with calcium	125 ml = ½ cup . . .	155 mg
	Orange	1 medium . . .	50 mg
Other	Blackstrap molasses	15 ml = 1 tbsp . . .	179 mg
	Chia seeds	15 ml = 1 tbsp . . .	68 mg
	Grain products contain very little calcium.		

2 Sources of Vitamin D

Vitamin D is another important nutrient for healthy bones because it helps your body absorb calcium. Vitamin D can be made in your skin when it is exposed to direct sunlight. However, in Canada, between October and April, there is not enough sunlight for your body to make enough of the vitamin. Using sunscreen or having darker skin color will also affect your skin's ability to make vitamin D. There are some good food sources of vitamin D (see table below); but not everyone is able to meet their daily needs this way. A good alternative is to take a vitamin D supplement daily (or weekly) in either liquid, tablet or capsule form. Ask your pharmacist for the best supplement option for you.

DAILY VITAMIN D RECOMMENDATIONS³

Age 50+ = 800-2000 UI/day
Age <50 = 400-1000 UI/day

▶ FOOD SOURCES OF VITAMIN D

	Food	Serving Size	Vitamin D
Milk & Alternatives	Milk – whole, 2%, 1%, skim, chocolate	250 ml = 1 cup . . .	100 IU
	Fortified soy, rice, goat, almond, oat beverage	250 ml = 1 cup . . .	90 IU
	Yogurt fortified with vitamin D.	175 g = ¾ cup . . .	60 IU
	Skim milk powder	24 g - makes 1 cup of milk . . .	100 IU
Meat & Alternatives	Salmon (cooked, canned, raw)	75 g = 2 ½ oz . . .	320 IU
	Cooked snapper	75 g = 2 ½ oz . . .	390 IU
	Mackerel (cooked or canned)	75 g = 2 ½ oz . . .	220 IU
	Canned Pacific sardines.	75 g = 2 ½ oz . . .	145 IU
	Cooked egg yolk.	2 large . . .	60 IU
Fats & Oils	Cod liver oil	5 ml = 1 tsp . . .	425 IU
	Margarine	5 ml = 1 tsp . . .	25 IU
Other	Fruit, vegetables and grain products are not good sources of vitamin D.		

Reference: Health Canada. (Updated 2015). Canadian Nutrient File.

Wondering if you can eat soy products to get your calcium and vitamin D?

There has been a lot of debate over the years about the safety of breast cancer survivors eating soy products. Current research shows that soy foods are safe for breast cancer survivors to eat. Eating 1-3 servings per day of whole soy foods is safe. Whole soy foods include edamame, tofu, soy beverages, tempeh, miso and soybeans. It is not recommended to take concentrated sources of soy, like soy protein supplements or pills. The effects of these concentrated products in breast cancer survivors are not well known. If you do not like soy-based foods, then there is no need to add them to your diet.

Looking for more information?

For a more complete list of foods rich in calcium, visit the Dietitians of Canada website (www.dietitians.ca)
For some calcium-rich recipe ideas, visit the Osteoporosis Canada website: (osteoporosis.ca)
Speak with a dietician to see if you are getting enough calcium and vitamin D through your diet; speak with your doctor before taking any supplements; a pharmacist can help choose the right supplements.

REFERENCES

1. Canadian Cancer Society. (2015). Nutrition and Breast Cancer.
2. Dixon, S., Academy of Nutrition and Dietetics Oncology Nutrition. (2013). Soy and Breast Cancer.
3. Papaioannou, A., et al. (2010). 2010 Clinical practice guidelines for the diagnosis and management of osteoporosis in Canada: Summary. Canadian Medical Association Journal. 182(17): 1864-73.
4. Rock, C.L., et al. (2012). Nutrition and physical activity guidelines for cancer survivors. CA Cancer J Clin. 62(4): 243-74.

Disclaimer: This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

www.breastandbonehealth.ca

