

# Senior Nutrition Digest

## Winter Edition

### Vitamin D and Calcium for Older Adults



#### Why are Vitamin D and Calcium Important?

Vitamin D is the "sunshine vitamin" and can help prevent illness, which is especially critical in winter. Calcium is a nutrient that can aid in keeping your heart healthy. Together, calcium and vitamin D work to keep bones and muscles strong to function properly.

#### Where are they found?

Exposure (even 20 minutes a day) to sunlight is the best way to be sure you get enough vitamin D. However, it is hard to get enough sunlight in the winter. The good news is that you can also get vitamin D and calcium from these foods and drinks:



- Milk (regular & lactose free)
- Orange Juice- Calcium fortified
- Yogurt
- Mushrooms
- Salmon or Mackerel fish
- Soy milk, Tofu
- Dark green vegetables



## How much do you need?

Years of age and Gender	Vitamin D	Calcium
51-70 Male	600 IU	1,000 mg
51-70 Female	600 IU	1,200 mg
71 + Male and Female	800 IU	1,200 mg

## Common Food Sources

	Vitamin D	Calcium
6 ounces Yogurt.....	80 IU	300 mg
1 cup milk.....	120 IU	302 mg
1 cup soy milk.....	0 IU	50 mg
1/2 cup turnip greens.....	0 IU	100 mg
Orange juice- Calcium fortified...	137 IU	230 mg
1/4 cup Cheddar Cheese.....	7 IU	306 mg
4 ounces Salmon.....	450 IU	11 mg

 **Before taking vitamin D and calcium supplements, please discuss with your dietitian or doctor**

**Stay Active**

Physical activity helps in maintaining your bone and muscle strength. Along with vitamin D, exercise also beats those winter blues by improving mood! Try indoor swimming, cleaning, light weight lifting, or group exercise class. Medicare patients can visit [Silversneakers.com](http://Silversneakers.com) to see about getting the cost of a gym membership covered by insurance.

