



Getting Enough Calcium



Overview

Calcium is a mineral that you get from your diet. It helps build strong bones when you're growing. It helps keep your bones strong as you age. But many of us don't get enough calcium. This raises the risk for osteoporosis, a weakening of the bones. Here's how to make sure you're getting enough calcium.

Know your needs

First, ask your doctor how much calcium is right for you. The amount you need depends on your gender, age and health. Your doctor can tell you how much you should be getting for good health.

Get calcium from your diet

Next, choose foods and drinks that are rich with calcium. Eat dairy products like cheese, yogurt and sour cream. Eat more fish, especially salmon and sardines. Choose vegetables like soybeans, collard greens, turnip greens and kale. Calcium is found in bread, tortillas and in many breakfast cereals. Milk is a great source of calcium. And, calcium is often added to soy milk and orange juice.

Supplements

And finally, if you have trouble getting enough calcium in your diet, your doctor may recommend a supplement. There are many to choose from, so follow your doctor's advice.

Conclusion

Get the right amount of calcium every day, and you'll enjoy the health benefits for a lifetime.