

## **CALCIUM INTAKE**

As you grow older, you may develop a condition called Osteoporosis, which is a decrease in bone density. This risk increases after menopause or surgical removal of the ovaries. This is because estrogen decreases and therefore calcium loss increases. Even woman who have adequate estrogen levels need to monitor their daily intake of calcium to prevent brittle bones.

Women of child-bearing years need 1000 mg of calcium each day. After age 40, this need increases to 1500 mg each day. To give you an idea of how much that is, one 8 oz glass of milk has 300mg of calcium. Other sources of calcium include yogurt, cheese, milkshakes, salmon, beans, tofu, almonds, collard greens, spinach and okra. Some foods are also fortified with calcium, such as orange juice and certain cereals.

Adding Vitamins D and C to your diet improves calcium absorbtion.