

Calcium and Vitamin D

For Strong Teeth and Bones



Let's learn about it

Calcium builds strong bones and teeth. It helps your heart beat, your muscles move and your skin heal quickly. If you don't eat enough foods with calcium, your body will take it from your bones. This will make them weak.

Vitamin D helps your body use calcium. Vitamin D helps prevent painful conditions like rickets in children and weak bones in adults.

Let's learn what to do

Nutrition tips

Vitamin D supplements



- Pregnant and nursing women need a prenatal vitamin plus a vitamin D supplement daily
- All babies should receive *Baby D Drops* every day until 2 years old
- Children 2-18 years old should take a multi-vitamin every day to get enough calcium and vitamin D
- Everyone 50 years or older should take a daily vitamin D supplement

✓ Eat country foods

- They are rich in vitamin D, especially sea animals and fish.



✓ Choose milk and alternatives often

- Use milk or alternatives with cereal, oatmeal, hot chocolate, coffee and tea.
- Choose cheese, yogurt, boiled eggs or almonds for a quick snack.
- Make a parfait with yogurt, fruit and whole grain cereal.
- Coffee whitener does not have calcium or vitamin D. Use milk instead.



✓ Add calcium and vitamin D foods to recipes

- Use milk instead of water in bannock, pancakes, muffins, soups and sauces.
- Add skim milk powder to baking.
- Add canned salmon (with the bones) to sandwiches and noodle dishes like macaroni and cheese.





Eat foods with calcium and vitamin D every day

Meat and alternatives

- Almonds
- Beans
- Eggs
- Mackerel, salmon, sardines: canned with bones, fresh or frozen



Grain products

- Baked goods made with milk instead of water



Country foods

- Bannock made with baking powder and milk
- Bird eggs
- Caribou stomach
- Char, trout, lake whitefish, fish eggs
- Fish head broth
- Goose liver
- Maktaaq
- Seal liver*
- Wild greens, shoots, roots and seaweed



Milk and alternatives

- Milk (fresh, UHT, canned, powdered)
- Cottage cheese
- Chocolate milk or hot chocolate made with milk
- Hard cheese (cheddar, mozzarella, Swiss, parmesan)
- Yogurt



Others

- Canned or homemade soup made with milk
- Macaroni and cheese made with milk
- Non-hydrogenated margarine
- Pudding made with milk



* Inuit women of child-bearing age in Nunavut who may become pregnant, are planning to get pregnant, or are pregnant are advised to eat ringed seal meat instead of ringed seal liver.

Milk alternatives

- Soy drink is a healthy replacement for milk.
- Milk alternatives should have at least 45% Vitamin D and 30% Calcium per 1 cup (250 ml).
- Almond, coconut and rice drinks often do not have enough nutrients to be an alternative to milk.



Nutrition Facts	
Per 1 cup (250 ml)	
Amount	% Daily Value
Calories 180	
Fat 3 g	5 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	0 %
Vitamin D 45 %	
Calcium 30 %	

Lactose intolerance



If you get an upset stomach, gas or diarrhea when you drink milk or eat cheese, you may be lactose intolerant.

To prevent this:

- Drink milk with meals instead of by itself.
- Buy lactose-free milk.
- Choose hard cheeses since they have less lactose.

Ask your dietitian, nurse or doctor about lactase pills or drops. Many types are covered by NIHB.

