

CALCIUM

Calcium is a mineral that is found in the soil and is then absorbed into the roots of plants.

Why do we need calcium?

- To keep our teeth and bones healthy and strong (99% of calcium is in bones & teeth)
- Muscle contraction
- Nerve transmission
- Normal heart rhythm
- Wound healing
- Calcium is stored in the skeleton and if the body needs calcium, it can draw on the reserves in the bones.

What is the link between vitamin D and calcium?

- Our bodies need vitamin D in order to use calcium.
- Vitamin D helps the calcium absorption from food. So, even if you consume enough calcium, it won't be absorbed properly if you're deficient in vitamin D.

CALCIUM DEFICIENCY is not readily apparent.

Signs & symptoms

- muscle spasm or cramps
- brittle nails
- fragile bones
- tooth decay
- numbness and tingling in hands

infants <1 yr	525 mg/day
children 1-3	350 mg/day
children 4-6	450 mg/day
children 7-10	550 mg/day
adolescents 11-18	800 mg/day
adults 19+	700 mg/day
breastfeeding mums, IBD	1200 mg/day
coeliac disease, osteoporosis	1000 mg/day

!! Intake should not exceed 2000 mg since excess calcium can cause kidney stones.

!! AVOID calcium SUPPLEMENTS because they appear to increase the risk of heart disease, kidney disease as well as prostate cancer.

CALCIUM RICH FOODS

- kale, broccoli, bok choy, turnip greens, collard greens
- beans: 1 cup cooked chickpeas=80mg, 1 cup white beans 70mg
- 1 cup dried figs has 300mg
- Nuts, e.g. 20 almonds=80mg, 2tbsp tahini=130mg, 1tbsp chia seeds=70mg
- 1 cup cooked oats=190mg
- Although spinach and beet greens are high in calcium, they're also high in oxalate, hence reduced calcium absorption!

CALCIUM AND BONE HEALTH

To keep our bones healthy, our body needs more than calcium. Vitamin D, vitamin K and magnesium are also factors affecting bone health. Furthermore, performing weight-bearing exercises and maintaining a healthy body weight are also important.

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CALCIUM

recommended daily intake

adults (f&m) 700mg/day



OAT PORRIDGE

250mg calcium

KALE AND CHICKPEA CURRY & RICE

260mg calcium



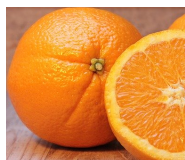
GREEN SMOOTHIE

317mg calcium

BEAN SALAD
158mg calcium



ORANGE
52mg calcium



KIWI
30mg calcium



For further information contact Dr Leila D. at leila_dehghanzaklaki@yahoo.com

For recipes visit www.leiladqifit.com/calcium