



## Calcium and vitamin D are key nutrients for building strong bones

Calcium is important for strong bones. Vitamin D increases our absorption of calcium. Eating foods that are rich in calcium and getting enough vitamin D can improve bone health!



### Did you know?

7 out of 10 people with SCI are not getting enough calcium



## 1. How much calcium do I need?

### Have you had oxalate stones (Kidney stones)?

No

Yes

Age Group	Calcium
Men & premenopausal women 19-50 yrs of age	1,000 mg/day
Men 50-70 yrs of age	
Women 50-70 yrs of age	1,000-1,200 mg/day
Men & postmenopausal women 71+ yrs of age	

- You can get calcium from food and/or supplements. But it's better to get it from food.
- If you have a high blood or urine calcium level, follow your doctor's advice about how much calcium you should take.

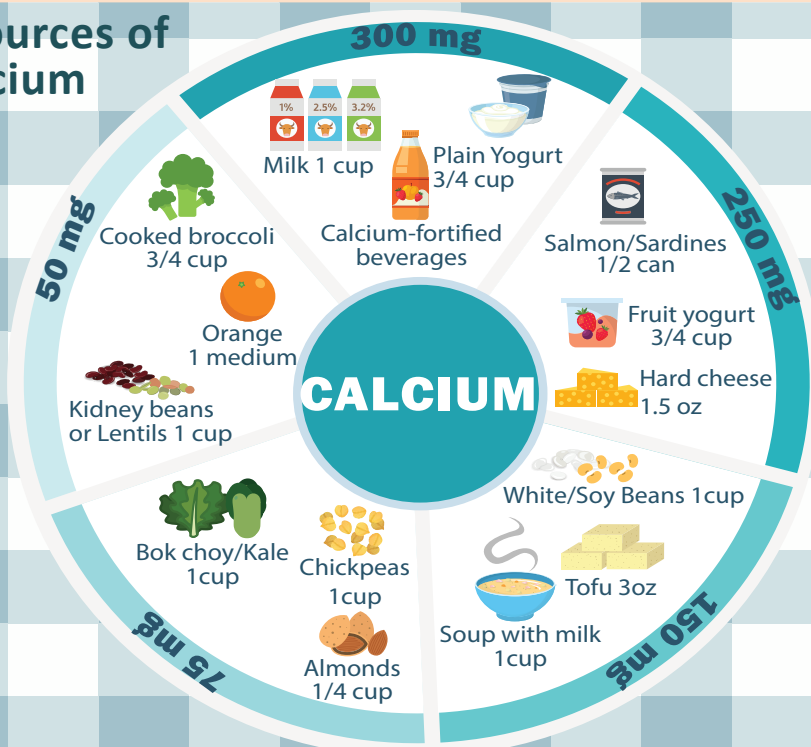
Age Group	Calcium
All Adult Men & women (19 + yrs of age)	750 mg/day



**Avoid high-oxalate foods** such as sweet potato, raspberry, beets and black tea.

- For the best stone prevention, you should get calcium from food.
- If you have a high blood or urine calcium level, follow your doctor's advice about how much calcium you should take.

## Food Sources of Calcium



For more information on assessing your calcium intake and/or preventing kidney stones see

<https://osteconnections.com/patient-materials/>



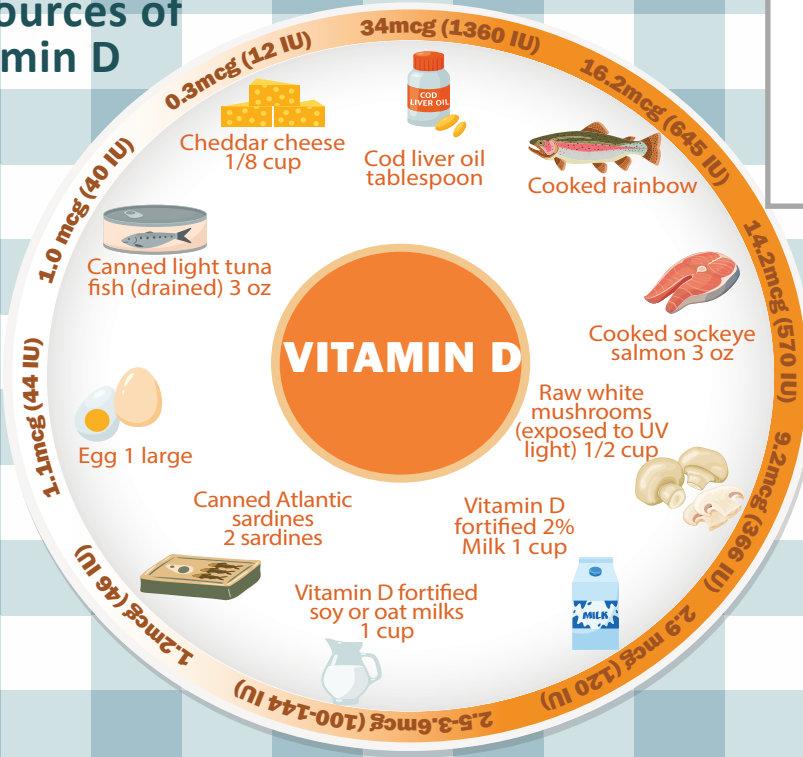
## 2. How much vitamin D do I need?

Age Group	Vitamin D <sub>3</sub> (cholecalciferol)
All Adult Men & women (19 + yrs of age)	25-50 mcg/day (1,000-2,000 IU/day)



For most people, a normal blood vitamin D level is **>80 nmol/L** or **>32 ng/mL**. Check your blood vitamin D level once a year and follow your doctor's advice about your vitamin D intake. (See Episode 3)

### Food Sources of Vitamin D



### To Do List

### Calcium and Vitamin D For Bone Health

- Check your diet to ensure you eat the right amount of calcium.
- Check your blood vitamin D level once a year.
- Take your vitamin D supplement as directed.
- Avoid high oxalate foods if you are prone to kidney stones.



**Follow Your Doctor's Advice To Get Sufficient Amount Of Dietary Calcium And Vitamin D Supplement.**

Learn More

SCI Fragments:  
www.scifragments.ca



The information contained in these handouts & podcast are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.

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