

Why worry about osteoporosis in childhood?

Osteoporosis is a preventable pediatric disease that shows up in later years. *90% of adult bone mass is created by age 17.* For every 5% increase in bone mass, the risk of fractures later in life decreases by 40%. Studies show that most children consume less than the amount of calcium needed for normal growth and development.

How much Calcium and Vitamin D do kids need?

Ages 1-8: 500-800 mg/day elemental Calcium and 400 IU/day Vitamin D

Ages 9-18: 1300 mg/day elemental Calcium and 400 IU/day Vitamin D

Risk Factors for Osteoporosis:

- Inadequate calcium, exercise, vitamin D
- Being small framed/thin
- Being female, however *20% of osteoporosis occurs in men*
- Excessive sodium consumption
- Cigarette smoking
- Alcohol intake

Prevention Tips for Children:

- **GET OUT OF THE HOUSE AND EXERCISE!!!**
- Decrease soda and high-sodium foods. Drink milk instead of soda. Add cheese to sandwiches. Have children help plan their meals.
- Read labels and purchase foods with added Calcium.

Food Sources of Calcium

Serving Size	Food	Amount of Calcium
1 cup	Yogurt plain, low fat	415
1 cup	Yogurt fruit, low fat	314
1 cup	Skim milk	302
1 cup	2% milk	291
1 cup	Orange juice with calcium	300
1 oz	American cheese	174
1 oz	Mozzarella cheese	143
1 oz	Cheddar cheese	204
1 oz	Swiss cheese	272
1 cup	Cottage cheese	155
1 cup	Ricotta cheese, part skim	669
½ cup	Frozen yogurt, low fat	103
½ cup	Ice cream, low fat	90
10 fl oz	Vanilla shake	344
5 oz	Tapioca pudding	119
1 cup	Cheerios	122

Food Sources of Calcium

Serving Size	Food	Amount of Calcium
1	English muffin	103
1 cup	Tofu	260
1 cup	Spinach	245
1 cup	Broccoli	94
1 cup	Collards	266
1 cup	Kidney beans, canned	69
1 cup	Soybeans	261
1	Orange	52
1 cup	Raisins	73
1 cup	Almonds	332
1 slice	Cheese pizza, 10"	290
1	Taco	221
1 large	Plain hamburger with bun	74
1 cup	Mac & cheese	100
½ cup	Chef salad	235
3 oz	Salmon	180

Calcium Supplements

Type/Brand Name	Elemental Calcium(mg)
Tums/Tums EX	200 or 300
Tums Ultra/Tums 500	400 or 500
Caltrate 600	600
Caltrate 600+D	600mg/400 IU Vit D
Os-Cal 500	500
Os-Cal D	500mg/200 IU Vit D
Viactiv	500mg/100 IU Vit D
OneADay Women's	450mg/400 IU Vit D

Websites to help calculate daily calcium intake:

- www.lightnfit.com
- www.mypyramid.gov