



Calcium and Vitamin D for Strong Bones

Excellent sources of calcium

— low fat dairy



Low fat dairy products such as milk, cheese and yoghurt are best sources. Look for labels such as 'diet' 'low fat', 'reduced fat', 'light', '% fat free', 'fat free' and 'skim'.

Good sources of calcium



Soy and tofu



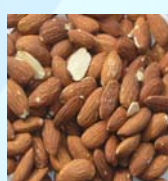
Salmon with bones



Sardine with bones



Tahini paste



Almonds



Bok choy



Broccoli



Spinach

Soy and tofu, fish such as sardines and salmon (with bones), nuts and seeds such as almonds and sesame seeds or tahini paste, leafy green vegetables such as bok choy, broccoli and spinach are good sources.



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Vitamin D from the sun



The amount of exposure to sunlight we need:

- Total of 2-3hrs over a week in winter months (May to August)
- 5-15min twice a day in summer months (September to April), the best time is before 10am or after 3pm
- People with dark skin require 3 times the amount of sun exposure
- Do not forget to put on sunscreen when going out in summer



Vitamin D from foods



Some food sources containing vitamin D are cheese, margarine, fish, eggs and milk with added vitamin D.