



Calcium & Healthy Bones

Bone mass decreases as part of the natural process of aging and bones become brittle. When the thinning continues to the point that your bones become fragile and in danger of breaking, this is known as osteoporosis.

Balanced diet with adequate intake of calcium and vitamin D plays a vital role in preventing osteoporosis. The problems of osteoporosis and calcium deficiency do not only occur in elderly people. In fact, it is more important to ensure sufficient calcium intake during childhood and adolescence, as calcium helps strengthen our bones, lowering the risk of bone fractures in the future.

Daily Calcium Requirement (mg)

4-8 years old	800
9-18 years old	1300
19-50 years old	1000

Adequate outdoor activity is necessary as exposure to sunlight helps our body to generate vitamin D which in turn aids the absorption of calcium from the gut. It also increases the rate of bone regeneration.

Calcium rich food	Calcium(mg)
1 block of firm tofu (280g)	295
1 pot of yoghurt (150g)	282
1 glass of milk (240ml)	300
1 glass of hi-calcium milk (240ml)	300
2 slices of cheese (45g)	260
1 can of tomato sardine, with bones(100g)	240
1 bowl of dark green vegetables, e.g. Kale (cooked)	300

