

Vitamin D & Calcium-Rich Foods

Learn more about these important nutrients

Vitamin D and calcium are important as we age, and they work hand-in-hand! Vitamin D helps your body absorb calcium and together, they help build strong bones. This is important to prevent diseases such as osteoporosis and broken bones or fractures.

So, how much of each do you need and what foods can you find them in?

Calcium

According to the National Institutes of Health¹, the amount of calcium you need each day is dependent on your age and sex.

- Males ages 51-70 need 1,000 mg per day
- Females ages 51-70 need 1,200 mg per day
- Adults ages 71 and older need 1,200 mg per day

Calcium-rich foods

- Dairy products like milk, cheese and yogurt
- Canned sardines
- Kale
- Broccoli
- Bok choy
- Fortified juice or plant-based milk alternatives
- Fortified tofu
- Fortified breakfast cereals

Vitamin D

According to the National Institutes of Health², adults ages 19-70 years old need 15 mcg (600 IU) and adults aged 71 years and older need 20 mcg (800 IU) of vitamin D per day.

Many foods in the United States are fortified with vitamin D, as there aren't very many foods that naturally contain this nutrient. To get vitamin D through your diet, you can eat:

- Fatty fish (trout, salmon, tuna, mackerel)
- Beef liver
- Egg yolks
- Cheese
- Mushrooms
- Fortified milk or plant-based milk alternatives and yogurt
- Fortified breakfast cereals
- Fortified juices

¹ National Institutes of Health, Office of Dietary Supplements - Calcium. ods.od.nih.gov/factsheets/Calcium-Consumer.

² National Institutes of Health, Office of Dietary Supplements - Vitamin D. ods.od.nih.gov/factsheets/VitaminD-Consumer.