Calcium and Vitamin D

IT TAKES TWO!

Learn about why calcium and vitamin D are so important for you!

They Work Together!
Vitamin D helps our bodies absorb calcium and nutrient-dense foods that contain calcium, may also contain high levels of vitamin D.

Why Calcium?
- Calcium is essential for strong bones and teeth
- Needed for blood clotting and muscle contraction
- Calcium ensures that muscles, cells, and nerves are working properly

Why Vitamin D?
- Reduces falls and fractures by increasing bone strength
- Reduces bone pain and weakness
- Reduces risk of infections, certain cancers, and diabetes by regulating cell growth
- Helps older adults remain independent by reducing the chances of diseases like osteoporosis

Increase Your Calcium and Vitamin D!

Calcium is rich in milk and dairy products, dark-green leafy vegetables, salmon with bones, oranges, soybeans, and figs.

Foods rich in vitamin D are cheese, egg yolks, fatty fish, vitamin-D-fortified dairy products, soy milk, cereals, and orange juice.