November Newsletter

ORANGE YOU GLAD ITS AUTUMN?
This November don’t ‘fall’ behind on calcium intake. It is well known that calcium helps build strong bones and teeth, but it also helps your muscles, nerves, and heart work properly! During periods of growth, your children’s body will actually absorb a higher percentage of calcium to meet their needs. The body can also use Vitamin D to help absorb calcium! During the next few rainy months, we won’t be getting much Vitamin D from the sun. It could be beneficial to include a vitamin D supplement into your family’s diet, or consume more of the food sources listed below! If you are concerned about your child’s vitamin D intake talk to a healthcare provider about supplementation.

Calcium Sources

Animal Sources:
- Milk & dairy products: cheese, yogurt, kefir
- Canned fish contain soft bones which are calcium rich!

Plant-Based Sources:
- Fortified plant-based milks
- Fortified orange juice
- Dark green vegetables (eg. broccoli, kale, bok choy, brussel sprouts)
- Tofu (if made with calcium salt)

Vitamin D Sources

Animal Sources:
- Egg yolks
- Canned fish (eg. salmon)
- Fatty fish, fish oil (eg. mackarel, arctic char)

Plant-Based Sources:
- Fortified plant-based milks
- Fortified orange juice

High Calcium Meal Idea:
- Make a salmon melt using canned salmon & cheddar cheese!
  - source of Calcium & Vitamin D!

Photo & Recipe by Toni Vandenbrink @tonivanfood

CALCIUM REQUIREMENTS BY AGE GROUP:

Age 4-8:
- Recommended amount per day= 1000mg
- Max amount per day= 2500mg

1000mg = 3+1/3 cups of milk (plant based or cows)

Age 9-18:
- Recommended amount per day= 1300mg
- Max amount per day= 3000mg

1300 mg = 4+1/3 cups of milk (plant based or cows)