

Ten Calcium Tips

- **Weight-bearing exercise and impact loading stimulate bone growth.** Generally, three 20 to 30 minute sessions a week are sufficient. If you can and want to do more, go for it! Activities such as walking, running, aerobics or climbing stairs are also excellent forms of exercise to aid in bone growth.
- **Incorporate calcium rich foods into your diet as much as possible.** Dairy products and calcium-fortified foods as mentioned earlier are great choices. Try to get between 1,000 and 1,500 milligrams a day.
- **Do not shy away from dairy products because of the fat content.** We now can purchase just about any dairy product available in a low/non-fat version. Milk, yogurt, cottage cheese, all come in low-fat or non-fat varieties.
- **Consider vitamin K.** This vitamin switches on a bone-building protein called osteocalcin. Experts say 100 micrograms (mcg) a day may be best for [bone building](#). Food sources include spinach, Brussels [sprouts](#), broccoli, asparagus, cabbage, coleslaw and collard greens.
- **Stop smoking.** Smoking increases your risk because it accelerates the [metabolism](#) of estrogen, making less available to stimulate bone growth.
- **Eat cereals fortified with vitamin D.** For your body to absorb and deposit the calcium you get from food, you need vitamin D.
- **The supplement option.** There is always the supplement choice! Our bodies absorb calcium carbonate - the type of calcium in the supplement doctors recommend the most - just as well as calcium citrate.
- **Set a time to take that supplement!** Plan to take your calcium at a specific time each day to make taking it a habit.
- **Make it magnesium.** This mineral actually makes up part of your bone. Your daily goal should be 400 milligrams. Good food sources include nuts, dried beans, crabmeat, spinach, wheat germ, wheat bran and [chocolate](#) - yes, chocolate!
- **Fortify with calcium.** If you do not enjoy foods high in calcium or suffer from [lactose intolerance](#), look for foods fortified with calcium. Cranberry juice and breakfast bars are good choices.

Courtesy of FitnessandFreebies.com