

Nutritional News



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Calcium

Calcium, the most abundant mineral in the body can be found in our bones and teeth where it supports structure. This important mineral also helps the muscles function, nerve transmission and hormonal secretion. It cannot be produced by the body and therefore we must get enough of this important mineral from our food. Eating foods rich in calcium allows this mineral to enter our blood stream so that it can be carried to the organs to perform the work that is needed.

Some people choose to take calcium supplements. The amount of calcium you need from a supplement depends on the amount you are getting from your food. You should aim to get the recommended daily amount of calcium you need from food first and supplement only if needed to make up for any short fall.

Health Canada – Daily Calcium intake recommendations:

- 700mg – ages 1 to 3 years – *UL 2500mg
- 1000mg – ages 4 to 8 years – UL 2500mg
- 1300mg – ages 9 to 18 years – UL 3000mg
- 1000mg – ages 19 to 50 years – UL 2500mg
- **1000 to 1200mg – age 50+ - UL 2000mg

*UL refers to the Tolerable Upper Intake Level

Vitamin D is a nutrient that helps the body use calcium and phosphorous to build and maintain strong bones and teeth. Without Vitamin D, we can consume as much calcium or take as many supplements as we want but the body would not be able to use it.

Studies show that typically only about 20% of our vitamin D comes from the foods we eat. Most of the vitamin D our body requires can be acquired by walking out into the sunlight with exposed skin in order to have your body produce it naturally.

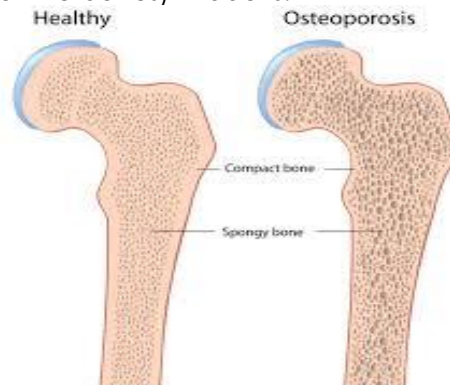
There are few foods that contain small amounts of vitamin D, which include" fatty fish like tuna, mackerel and salmon, beef liver, cheese and egg yolks.

Health Canada – Daily Vitamin D intake recommendations:

- 400 IU's – ages 1 to 3 years – *UL 1000 IU's
- 600 IU's – ages 4 to 8 years – UL 3000 IU's
- 600 IU's – ages 9+ – UL 4000 IU's

*UL refers to the Tolerable Upper Intake Level

When the body has too much vitamin D, it can cause too much calcium to be deposited in the body, which can lead to calcification of the kidney and other soft tissues including the heart, lungs and blood vessels. When the body has too little vitamin D, it leads to the body pulling it from the stores within our bones, causing rickets in children and osteomalacia (softening of the bones) in adults.



There are some public health concerns that too much exposure to the ultraviolet rays from the sun can cause skin cancer but there is not enough information regarding this. Many people meet at least some of their vitamin D needs through exposure to the sunlight however season, time of day, cloud cover, smog, skin pigmentation and sunscreen use are all factors that can affect the amount of ultraviolet radiation received and thus vitamin D synthesis. Health Canada has set the Daily Intake Recommendations based on the assumption that most people get minimal exposure to the sun.

Resources
[Health Canada](#)
[Mayo Clinic Publications](#)

Fun Food Facts!



Although calcium has been known for thousands of years, it was not purified as an element until 1808 by Scientist Sir Humphrey Davy (England)

He named it after the Latin word "calx", which is what the Romans called lime.

Did You Know?

Most people get their daily recommended allowance of calcium from dairy products but did you know that there are many non-dairy foods that are rich in calcium.

- 2113mg – 100g dried herbs (Basil, Thyme, Dill, Rosemary)
- 975mg – 100g Sesame Seeds
- 631mg – 100g Chia Seeds
- 383mg – 100g Canned Sardines
- 264mg – 100g Almonds
- 181mg – 100g Garlic
- 138mg – 100g Parsley
- 107mg – 100g Whole Wheat Bread
- 99mg – 100g Raw spinach, kale, dark leafy greens

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