



### Inside the Issue

## SIMPLY CALCIUM FT. VITAMIN D

What you need to know about  
Calcium and it's helpful  
(literally!!) friend Vitamin D.  
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## SUPPLEMENT FAQ'S

A one-stop-shop on how to tackle  
the supplement world. Find the  
right one for you while saving you  
money and time. p. 03

## SAMPLE MENU: QUARANTINE STYLE

Limited selection at the grocery  
store? No problem. Can't have  
dairy, meat or gluten? No problem!  
Try these calcium filled options.  
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## FOOD FOR THOUGHT:

*Words of Encouragement During a Time of Uncertainty*

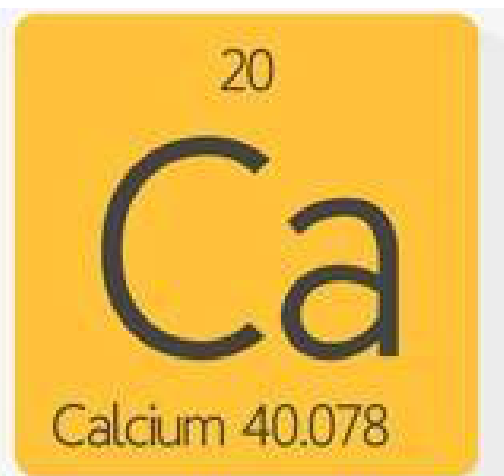
As we all know, circumstances beyond our control prevented us from meeting this month. While I can't speak for everyone, I know many of us find strength or at least happiness in spending time with one another. In the times we come together, I am inspired by all of you as you encourages me to learn more so that I can continue to offer my help. In this unforeseen time of isolation it is easy to feel uncertain, fearful and even lonely. But like I always say; *just because something has happened to us does not mean it has to control us.* This holds true now more than ever.

We cannot control how long we will be in isolation, when we will have access to a gym or meet as a group again. But there are many things we can control and at the top of the list is our health. I want to encourage you to do just that; do the workouts you never had time to, start tracking your calcium, incorporate more fruits and vegetables into your meals, drink the water - whatever it is you've always wanted to do!

Making your health a priority is a journey in itself. It is not quick, it is not easy, and it definitely won't be the same as someone else's. But if there's one thing I've learned from the time we've spent together- it's that you all do not give up easy.

Stay Strong (no really- eat your calcium!) & Until Next Time,

*Katlyn Knorreck, RDN, LDN*



- Nutrition is just ONE component of bone health.
- The other essential component is weight bearing exercise!
- "Half of all adults age 50 and older are at risk for breaking a bone."
- Osteoporosis IS manageable.
- What you eat affects your bones!



- Recognize that if Vit D is prescribed by your physician, it is for the benefit of your overall health and bones.

## SUPPLEMENT FAQ'S

**Q: Which supplement is the best?**

- *The one that works best for you!* If the best time for you is to take your supplement right when you wake up, you probably don't want one that required stomach acid. (See pg. 2)

**Q: There's so many! How do I know which one to pick?**

- Often times, ones prescribed by your doctor would be the safest.
- If purchasing out of pocket, look for the label "USP" or "NSF" on the bottle.

**Q: Do I need to take my supplement into account when looking at my total calcium intake?**

- Yes! The calcium in your supplements should be taken into consideration. To avoid Calcium toxicity, do not take more than 2,500 mg elemental Calcium per day.

**Q: What is the difference between total calcium and elemental calcium?**

- Elemental Calcium is the number to use. Typically, the number associated with the brand name (ex: TUMS 500 Extra Strength) tells you how much elemental Calcium is in that pill. However, reading the label is still best practice.

**Q: You said 500 mg is the best for maximum absorption but my supplement says 1200! Am I not getting enough calcium?**

- While it is not recommended to take your calcium all at once, it is more important to get your calcium than to get none at all. If this is your only option - it is better to take it than to not have any calcium at all.

**Q: Why is it important to gradually increase my Calcium supplement intake?**

- Many people experience stomach or digestion issues when going from low to regular amounts of Calcium. Consuming smaller amounts with water typically helps.



## FOOD FOR THOUGHT PT. 2

In recognizing this is an individual journey, this process will look different for everyone. The diet of your friend, cousin, niece, or another person close to you may work really well for them, but that does not mean it will work for you. There is nothing wrong with that. It's ok to take the time to figure out what you can sustain, what your body enjoys and ultimately, what is going to work best for YOU.

As a Dietitian, I will always promote food as the primary source of your nutrients but recognize that supplements may still be a necessary part of reaching your nutrient needs. With that said, if you are currently taking a Calcium supplement and worried you are "doing something wrong" I want you to switch your mindset. Instead of "doing something *wrong*" think of what you are "doing *for* your health." If you would like some ideas on how to get more calcium from food, go ahead and take a look at the resources on p. 4



## SAMPLE DAY OF CALCIUM:

Two Frozen Waffles with 1 Egg  
and a 1/2 c of Fortified OJ  
= (335 mg Ca)

1 c of Milk (of choice) with 1  
handful of almonds and 1 orange  
= (440 mg Ca)

2 c Kale with 1/2 Chickpeas + 1  
TBSP Sesame Seeds  
= (481 mg Ca)

**TOTAL = 1256 mg Ca**

## MY TOP TIPS:

**Be Consistent.**  
Maintain your Calcium intake; use this extra time as a way to stay consistent or learn what that looks like for you, and to find calcium rich foods you enjoy!

**Be Accountable.**  
What's the best way to make sure you're getting enough calcium? Keep track: Journal, prepping ahead of time, an online app, or a scratch piece of paper to write down your sources of calcium all work!

**Be Kind to Yourself.**  
Beating yourself up for not having your calcium regiment figured out will only push you away from trying again. This is a process, take your time and have grace with yourself.

## HELPFUL TOOLS!

Want to know if you're getting enough calcium? Visit:  
<https://www.iofbonehealth.org/calcium-calculator>

Ways to track calcium:

- Beverley has a great sheet: <http://theikiercenter.com/oste-o-fitness-classes/>
- If you want to track on your phone: MyFitnessPal

Reputable Organizations with Websites for Research:

AND	NIH
NOF	USDA