

5th August 2014

Sources of Calcium, Magnesium and Vitamin D

- **Greens, herbs and spices** such as kale, collard greens, and parsley. Also good: turnip greens, dandelion greens, mustard greens, beet greens, broccoli, and cabbage. Spice up these and other dishes with garlic, basil, thyme, oregano, and rosemary to add more nutrients.
- **Dark green leafy salads**, asparagus, fresh green peas, broccoli, cabbage.
- **Canned fish or crustaceans with bones**, such as sardines, pink salmon, and shrimp.
- **Beans/legumes** such as black-eyed peas, black beans, and other dried beans.
- **Oats**
- **Nuts and seeds** such as almonds and sesame seeds.

Calcium and magnesium

Magnesium helps your body absorb and retain calcium. Magnesium works closely with calcium to build and strengthen bones and prevent osteoporosis. Since your body is not good at storing magnesium, it is vital to make sure you get enough of it in your diet. Magnesium is found in nuts, seeds, whole grains, seafood, legumes, tofu, and many vegetables.

- Swiss chard and spinach are excellent sources of magnesium.
- Other sources are turnip and mustard greens, broccoli, sea vegetables, cucumbers, green beans, and celery.
- Pumpkin, sesame, flax, or sunflower seeds.
- Nuts (almonds and cashews are especially high in magnesium).
- Reduce sugar and alcohol, which increase the excretion of magnesium.

Calcium and vitamin D

Vitamin D is another critical nutrient that helps the body absorb calcium and regulates calcium in the blood. Your body synthesizes vitamin D when exposed to the sun. However, a large percentage of people are vitamin D deficient—even those living in sunny climates.

Good food sources of vitamin D include:

- fortified milk
- eggs
- cheese
- fortified cereal
- butter
- margarine

- cream
- fish
- shrimp
- oysters

Thank you

A handwritten signature in black ink, appearing to read 'Geoffrey Axiak', written in a cursive style with a horizontal line underneath.

Geoffrey Axiak

Registered Nurse & Nutritionist