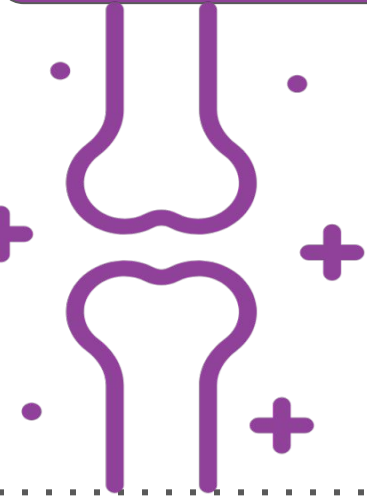




WHY DO CALCIUM & VITAMIN D MATTER?



- Our bones store calcium. **As we age, we absorb less calcium from our diet**, causing our bodies to take more calcium from our bones.
- **Vitamin D plays an important role in protecting our bones. Our body requires vitamin D to absorb calcium.**
- Studies show that **people with low levels of vitamin D have lower bone density or bone mass.** They are also more likely to break bones when they are older.

TEST YOUR BONE & JOINT HEALTH IQ

How much do you know about vitamins for bone and joint health?
Read the statements below and select "fact" or "fiction."

- FACT**
 FICTION

1. National nutrition surveys have shown that most people are not getting the calcium they need to grow and maintain healthy bones.



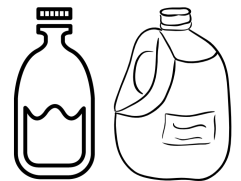
- FACT**
 FICTION

2. Only whole milk contains Vitamin D.



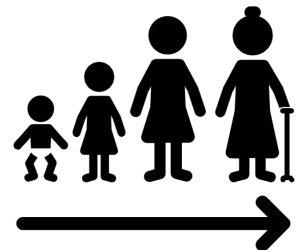
- FACT**
 FICTION

3. Soy, almond, coconut and rice beverages have as much calcium and Vitamin D as dairy milk.



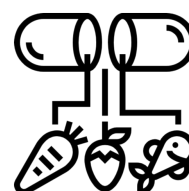
- FACT**
 FICTION

4. The amount of bone tissue in the skeleton, known as bone mass, can keep growing until the late 20s.



- FACT**
 FICTION

5. Very few foods naturally contain Vitamin D.

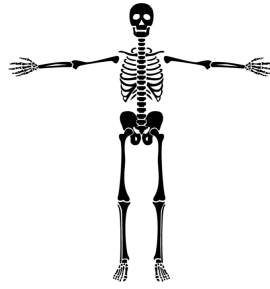


ANSWERS:
1. FACT
2. FICTION
3. FICTION
4. FACT
5. FACT
Learn more on the flip side.

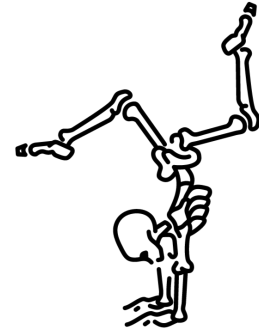
HOW DID YOU DO?



NOVICE
0-1 Correct



INTERMEDIATE
2-3 Correct



EXPERT
4-5 Correct

1. National nutrition surveys have shown that most people are not getting adequate calcium to grow and maintain healthy bones.

FACT: Inadequate calcium significantly contributes to the development of osteoporosis. Many published studies show that low calcium intake throughout life is associated with low bone mass and high fracture rates. ([NIH](#))

2. *Only whole milk contains vitamin D.*



FICTION: All milk, regardless of the fat content, contains vitamin D. Milk ranks first as a food source of calcium, potassium and vitamin D (all critical for bone development). ([Dairy Alliance](#))

3. *Soy, almond, coconut and rice beverages have as much calcium and Vitamin D as dairy milk.*



FICTION: While some milk-alternative beverages are a good source of plant protein, they are fortified and **do not always offer the same package** of healthy nutrients — **calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin** — found in milk and milk products. ([Dairy Alliance](#))

4. The amount of bone tissue in the skeleton, known as bone mass, can keep growing until the late 20s.

FACT: Between ages 20 and 30, your body reaches its peak bone mass. It is important to get adequate calcium and exercise to help achieve peak bone density. ([OrthoInfo](#))

5. Very few foods naturally contain Vitamin D.

FACT: Fortified foods provide most of the vitamin D in the diets of people in the United States. Check the Nutrition Facts label for the amount of Vitamin D in a food or beverage. ([NIH](#))

Want to learn more about nutrition for your bone & joint health?

**Call The Center:
412-641-8594**



**CENTER FOR
BONE & JOINT
HEALTH**