



- 如果服食鈣補充劑，應該喝大量液體。這有助於減少腹脹和便秘。
- 不要過量服食。不需要服食超過建議劑量的鈣補充劑。這可能會導致腎結石。

我需要多少維生素 D？

人們從陽光中攝取大部分的維生素 D。但是居住在西北地區的人們一年中大部分時間都得不到足夠的陽光。此外，深色皮膚、年齡老化以及防曬霜等限制了我們的皮膚生產維生素 D 的數量。

強化的奶製品是大多數人們飲食中主要的維生素 D 來源，但是每份奶製品經常僅提供 100 IU（國際單位）的維生素 D。此外，大多數人也需要維生素 D 補充劑來滿足他們每日的需求。

此表顯示預防缺鈣所需的維生素 D 的美國“每日攝取建議量”。在西北地區或其他陽光較少地區的居住人們可能需要服用至少具有這種含量的補充劑。

每天所需維生素 D，以國際單位 (IU) 計算

年齡組	每天所需維生素 D，以國際單位 (IU) 計算
出生到 11 個月	400 IU (國際單位)
1 歲到 70 歲	600 IU (國際單位)
70 歲或以上	800 IU (國際單位)
不離開住房的成年人	800 IU (國際單位)

有任何問題嗎？

你的問題非常重要。如果您有什麼問題或憂慮，請致電您的醫生或保健醫護人員。

婦女保健中心：
206-598-5500

UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

形成與保持您強健的骨骼 運動、鈣和維生素 D

哪些運動可幫助強壯您的骨骼？

我們不運動便會丟失骨質。要幫助強壯您的骨骼，我們必須：

- 每周運動 3 至 4 次，每次至少 30 到 40 分鐘。負重運動，例如走路和慢跑，以及阻力運動，像舉重訓練，均可幫助強壯骨質。
- 做各種不同的運動。運動具有部位特定性。就是說骨質只有在您運動的部位才會增加。



經常運動對形成和保持強壯的骨骼很重要。

- 舉起更重的重量，在做阻力運動時少些重複動作，以獲得最佳效果。要避免受傷，在使用舉重器材之前，學習舉重的方法或正確使用這些器材的方法。
- 開始任何運動計劃之前，徵詢醫生的意見。

我的需要多少鈣才適合？

所有人都需要鈣 — 婦女、男仕、小孩和青少年 — 但是人們所需的鈣量會隨著年齡的增長而改變。下表顯示出您需要的鈣量。這些是“醫學研究所”(Institute of Medicine)給出的 2010 年指引。

年齡組	每天需要鈣的毫克量 (毫克)
1 歲到 3 歲的兒童	700 毫克
4 歲到 8 歲的兒童	1,000 毫克
9 歲到 18 歲的兒童和青少年	1,300 毫克
19 歲到 50 歲的成年人	1,000 毫克
50 歲以上的男仕和女仕	1,200 毫克

我如何才能達到每天攝取適當鈣量的目標？

- **明智選擇食物。**吃高鈣質食物或強化鈣質的食物，服用鈣補充劑，或三樣都做。
- **閱讀食品上的標籤。**食物中的鈣含量是以美國“每日攝取建議量”(RDA)的百分比來表示的。它是根據每個人每天需要攝取 1,000 毫克而定。

在標籤上的百分數後加一個 0，便可算出一種食品中鈣的毫克量（例如，30% 300 毫克鈣）。如果您每天需要多於或少於 1,000 毫克鈣，便需調整這個百分比。

食物中的鈣

鈣的毫克量 (毫克)

乳酸酪, 低脂肪 (1 杯)	415 毫克
牛奶 (1 杯)	300 毫克
乳酪, 莫澤雷勒乾酪 (1 安士)	207 毫克
冷凍乳酸酪 (1/2 杯)	150 毫克
含鈣豆腐 (1/2 杯)	120 至 350 毫克
羽衣甘藍 (1/2 杯)	103 毫克
菜豆 (1/2 杯)	62 毫克
西蘭花 (1/2 杯)	47 毫克
蠔 (1/2 杯)	100 毫克
罐頭三文魚 (3 安士)	150 毫克
罐頭沙丁魚 (8 中等)	350 毫克

我應該服食鈣補充劑嗎？

通過吃健康的食物，您應該能夠達到您攝入鈣量的目標。如果很難吃到足夠的鈣含量豐富的食物，補充劑也許是在您的飲食中增加鈣的一個好方法。它們有多種形態，但是天然鈣是最重要的。天然鈣是補充劑中的鈣含量， 身體所吸收和利用。必須仔細閱讀標籤，弄清楚每粒鈣片中天然鈣的含量。

如何服食鈣補充劑？

- 吸收鈣的最好方法是一天分幾次少量服食。每次服食不要超過 500 毫克。
- 不要將鈣補充劑隨高纖維餐或大便成形劑一起服食。一起服食會使您的身體不能吸收鈣。
- 如果您服食碳酸鈣，則要隨餐服食。食物會幫助身體吸收這種形態的鈣。
- 檸檬酸鈣是最易吸收的鈣補充劑，甚至不隨食物服食也最易吸收。

- Drink plenty of fluids if you take calcium supplements. This helps reduce bloating and constipation.
- Do not overdo it. You do not need to take more than the recommended amount of calcium. It may even cause kidney stones.



Building and Keeping Strong Bones

Exercise, calcium, and vitamin D

How much vitamin D do I need?

People get most of their vitamin D from sunlight. But people who live in the Northwest do not get enough sunlight most of the year. Also, dark skin, aging, and sunscreen limit the amount of vitamin D our skin produces.

Fortified milk products are the main source of vitamin D in most people’s diet, but often only provide 100 IU of vitamin D per serving. Most people also need a vitamin D supplement to meet their daily requirement.

This table shows the U.S. RDA of vitamin D needed to prevent deficiency. People who live in the Northwest or other places where sunlight is low may need to take at least this amount in their supplement.

Age Group	Vitamin D Needed per Day in International Units (IU)
Birth to 11 months.....	400 IU
Age 1 to 70 years	600 IU
Age 70 years and over.....	800 IU
Homebound adults.....	800 IU

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Women’s Health Care Center:
206-598-5500

What kind of exercise will help build my bones?

We lose bone mass when we do not exercise. To help build your bones:

- Exercise for at least 30 to 40 minutes, 3 to 4 times a week. *Weight-bearing* exercises, like walking and jogging, and *resistive* exercise, like weight training, help build bone mass.
- Do different types of exercises. Exercise is *site-specific*. This means that bone mass will increase only in the area you exercise.



Regular exercise is important for building and keeping strong bones.

- Lift heavier weights and do fewer repetitions for best results when doing resistance training. To avoid injury, learn how to lift weights or use weight machines correctly before you use them.
- Check with your doctor before you start any exercise program.

How much calcium is right for me?

We all need calcium – women, men, kids, and teens – but our needs change as we age. The table below shows what you need. These are the 2010 guidelines from the Institute of Medicine.

Group	Calcium Needed per Day in Milligrams (mg)
Children 1 to 3 years	700 mg
Children 4 to 8 years	1,000 mg
Children and teens 9 to 18 years	1,300 mg
Adults 19 to 50 years	1,000 mg
Women and men older than 50 years	1,200 mg

How can I reach my daily calcium goal?

- **Choose foods wisely.** Eat high-calcium foods or calcium-fortified foods, take calcium supplements, or do all three.
- **Read labels.** The amount of calcium in a food is referred to as a percent of the U.S. Recommended Daily Allowance (RDA). It is based on a requirement of 1,000 milligrams a day.

Add a zero to the percent on a label to figure out the milligrams (mg) in a food (for example, 30% is 300 mg of calcium). Adjust this percent if you need more or less than 1,000 mg of calcium a day.

Calcium in Foods

	Calcium in Milligrams (mg)
Yogurt, low-fat (1 cup)	415 mg
Milk (1 cup)	300 mg
Cheese, mozzarella (1 oz.)	207 mg
Frozen yogurt (½ cup)	150 mg
Tofu with calcium (½ cup)	120 to 350 mg
Kale (½ cup)	103 mg
Navy beans (½ cup)	62 mg
Broccoli (½ cup)	47 mg
Oysters (½ cup)	100 mg
Canned pink salmon (3 oz.)	150 mg
Canned sardines (8 medium)	350 mg

Should I take calcium supplements?

You should be able to reach your calcium goal by eating a healthy diet. If it is hard to eat enough calcium-rich foods, supplements may be a good way to add calcium to your diet. They come in many forms, but the *elemental* calcium is what is important. Elemental calcium is the amount of calcium in the supplement that your body absorbs and uses. Read the label to find out the amount of elemental calcium in each pill.

How should I take calcium supplements?

- Calcium is absorbed best when taken in small amounts throughout the day. Do not take more than 500 mg at a time.
- Do not take calcium supplements with high-fiber meals or with bulk-forming laxatives. These may keep your body from absorbing the calcium.
- If you take calcium carbonate, take it with meals. Food will help your body absorb this form of calcium.
- Calcium citrate is the best-absorbed calcium supplement, even when taken without food.