Creating Health & Nutrition
Other Nutrients That Contribute to Bone Health

Calcium is needed for strong bones and to keep our heart, muscles, and nerves functioning properly. Other vitamins and minerals are also necessary for calcium to work effectively in our bodies.

**Vitamin D**
This vitamin is so important that it is added to many calcium-rich foods and supplements to allow calcium to be absorbed. The best food sources of vitamin D are egg yolks and some fish. Our skin also creates vitamin D when exposed to sunlight. It only takes 20 minutes of sunlight each day. Recent research indicates that many of us are deficient in vitamin D. Some experts are recommending supplements of 600 to 800 IU (International Units) daily. Deficiencies are rare but do occur in alcoholics and those with kidney disease.

**Magnesium**
Magnesium is another mineral important for bone structure. It is found in green leafy vegetables, nuts, seeds, bananas, and grain foods. Deficiencies are rare but do occur in alcoholics and those with kidney disease.

**Phosphorus**
This mineral is also found in the bone structure. It is more easily absorbed than calcium. Phosphorus is found in many foods we eat, and people are rarely deficient. Some good sources are dairy foods, liver, and sunflower seeds.

**Vitamins A, K, and C**
These are important for collagen production, the first step in bone formation. Vitamin A is essential for the development of new bone cells. Low levels are associated with osteoporosis and increased risk of fracture. Vitamin K is also involved in building cartilage and connective tissues. Vitamin C is a powerful antioxidant that fights aging factors, including bone depletion.

Shopping Tip
Calcium-rich foods with added vitamin D are the best choice for good absorption by the body. Choose a variety of foods to get the other important vitamins and minerals in your meals. Spinach, oranges, and dairy foods are good sources of vitamins and minerals important for bone health.
### Examine Your Choices

<table>
<thead>
<tr>
<th>Food</th>
<th>Source</th>
<th>What I buy</th>
<th>What I plan to buy/change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad greens</td>
<td>Vitamin K and magnesium</td>
<td>Iceberg lettuce</td>
<td>Spinach and romaine lettuce</td>
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</tbody>
</table>

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**My Goal:**

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### Mandarin Orange Spinach Salad

**Serving size:** 1½ cup

**Ingredients**
- 12 cups fresh spinach, washed well
- 6 large fresh mushrooms
- 1 red onion, sliced into rings
- 1 small can of mandarin oranges
- ½ cup slivered almonds, toasted

**Dressing**
- ½ cup vegetable oil
- ½ cup cider vinegar
- ½ cup red wine vinegar
- Tarragon leaves, 2 tsp fresh or ½ tsp if dried
- Reserved juice from mandarin oranges
- ¼ cup feta cheese
- Salt to taste

**Directions**
Tear spinach leaves into bite-sized pieces, removing stems. Slice mushrooms after washing and removing soiled end from stem. Drain mandarin oranges, reserving juice. Mix dressing ingredients and shake well to blend. Toss with spinach, mushrooms, onion rings, and oranges just before serving. Garnish with almonds.

Serves 8.

**Nutrition Information**
- 203 calories, 161 calories from fat, 90 mg sodium, 7.3 g carbohydrates, 2.3 g fiber, 4.1 g protein, vitamin A 89%, calcium 9%, vitamin C 42%, iron 10%.