
CALCIUM

What do you know about this vital nutrient?

What Happens When You Don't Get Enough Calcium?

According to the National Institutes of Health's Osteoporosis and Related Bone Diseases Resource Center "The amount of calcium that makes up your bones is the measure of how strong they are. But your muscles and nerves must also have calcium and phosphorus to work. If these are in short supply from foods you eat, your body simply takes them from your bones."

Without enough calcium, your bones will grow weaker. This can lead to a condition called osteoporosis, which is marked by incredibly weak bones. At this point, it's very difficult to strengthen them again. Plus, with weak bones, you're in more danger of fractures and all the health risks that come with them!

Calcium and You:

Calcium is a mineral that is key to good health. You can find it in most dairy products, especially milk and yogurt. It's also in a bunch of fortified foods, like soy milk and cereal.

The Dietary Guidelines for Americans insist, "Adequate calcium status is important for optimal bone health." The National Institutes of Health add some detail, asserting, "Your body [...] needs calcium [...] to make healthy bones. Bones are the main storage site of calcium in the body." Your bones are key to a healthful life. They support you, protecting your organs and bodily systems from harm. Calcium is also vital for your blood, muscles, and nerves.



Strong Bones



Weak Bones