

## Wellness with Parkinson's



### Calcium

Calcium is necessary for cell activity and strong bone health. Adults often do not get enough calcium from their diet despite its importance. This is especially true if you do not drink milk or eat dairy. Low vitamin D levels – often seen in Parkinson's – also leads to low calcium levels in the body.

Low calcium increases risk of osteoporosis (see more in General Health section). However excessive calcium may increase risk of certain diseases so too much is a problem as well.

The recommended calcium daily allowance for older adults is:

**1000 to 1200 mg/day per men**

**1200 mg/d daily for adult women**

#### Recommendation:

- Soy milk is not high in calcium. Look for products fortified with calcium and vitamin D if you eat dairy alternatives such as soy milk. Be sure to read the labels.
- Add a calcium supplement if your total daily amount falls short of that recommended.
- Take calcium without food to improve absorption. Spinach, chard and beet greens have a chemical that binds to calcium reducing absorption. This is especially true if you take calcium carbonate (calcium citrate is better absorbed so can be taken with meals).
- Be sure to check your multiple vitamin as a small amount of calcium is usually included.
- Take less than 500mg at any one dose to increase absorption.

#### Calcium rich foods

**Milk 1 cup 300mg      Yogurt 1 cup 350mg      Cheese 1oz 150-200mg**  
**Salmon 3oz 200mg (more with bones)      Tofu 3 oz 150mg**