

SUPPLEMENT OUR SERVICE

with Vitamin D
and Calcium



While we strive to make sure our meals offer **33%** of your daily nutritional requirements, a recent study of our service showed that you should complement our meals with a daily portion of vitamin D and calcium.

Be sure to follow Canada's Food Guide and have 3 servings per day of:



Milk products

Fortified drinks
such as soy,
rice or almond
beverages

Salmon and
sardines in
tin cans



A BIT MORE ABOUT VITAMIN D

A major role of vitamin D is to maintain adequate levels of calcium in the blood.

Sources of Vitamin D

Only a few foods naturally contain vitamin D, such as fish and eggs. Milk and margarine are required to contain vitamin D by law, while certain drinks such as soy, almond or rice beverages and orange juice may be fortified with vitamin D.

What happens if I don't get enough vitamin D?

Calcium levels in the blood may fall, which can result in an increased risk of osteopenia or osteoporosis.



DID YOU KNOW?

Vitamin is also produced by the skin when exposed to sunlight!



MISE AU POINT

MISE AU POINT is a research project that aims to improve an existing intergenerational Meals-on-Wheels service that operates in the center of the island of Montreal.

www.miseaupoint.santropolroulant.org

A project made possible thanks to the financial support of the *Secrétariat aux aînés*.

WHAT ABOUT CALCIUM?

Calcium is a mineral that helps older adults keep bones and teeth strong.

Sources of calcium

Very high sources include dairy products and fortified drinks such as soy, rice or almond beverages and orange juice.



Other sources include collard greens, spinach, kale, broccoli, white or navy bean, tofu made with calcium sulfate, tahini, almonds and certain fish such as sardines, pink salmon, tuna, mackerel and anchovies.

What happens if I don't get enough calcium?

You may not have enough in your blood to keep your bones strong, leading to bone loss and greater risk fracture.

QUICK TIPS!

- 1 If you have trouble finding vitamin D and calcium food sources at your supermarket, be sure to ask for assistance.
- 2 If you are over 50, ask your doctor about vitamin D supplement.
- 3 In spring and summer, try and get at least 15 minutes of sun daily.

If you have any questions feel free to call us at 514-284-9335!