



Central Coast
Local Health District

Healthy Bites Episode 7 – Calcium and dairy

Hi, I'm Sophie, a public health nutritionist from Central Coast Health.

Today we are talking about calcium and bone health.

Our bones need calcium to grow during childhood and adolescence. In older years, eating enough calcium each day helps to keep bones strong and reduce calcium loss. This reduces the risk of bone fractures, which can put you out of action for some time.

Dairy foods provide protein and calcium, two important nutrients to support healthy ageing. Dietary guidelines recommend women over 50 years of age include 4 serves of dairy foods or alternatives each day. The recommended intake for men is 2 and a half serves each day, increasing to 3 and a half serves each day from 70 years of age.

Dairy foods include milk, yogurt and cheese. Calcium-fortified soy milk and canned fish with bones are other good sources of protein and calcium.

Some health conditions require specialist advice, so talk to your GP or dietitian for individual requirements.