



**Stanford
Children's Health**

Children's Orthopedic and
Sports Medicine Center

Bone Health



Stress fractures comprise up to 15% of all sports injuries.

Studies have shown that Calcium and Vitamin D supplements can *decrease* the risk of stress fractures

Strengthen your bones with a diet rich in Calcium and Vitamin D.

STRONG BONES = STRONG PERFORMANCE

CALCIUM

1000-1300 mg
per day



WAYS TO ADD CALCIUM

USE MILK INSTEAD OF WATER
WHEN COOKING

ADD SHREDDED CHEESE TO FOODS

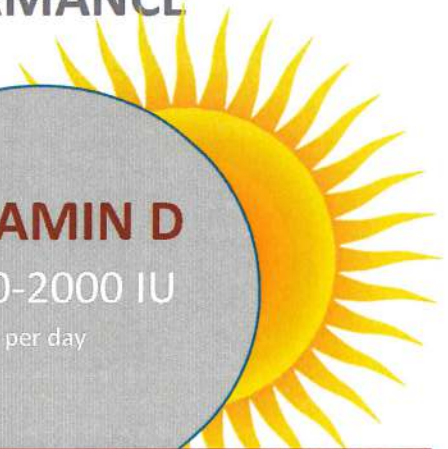
USE YOGURT AS A DIP FOR VEGGIES

DRINK FORTIFIED ORANGE JUICE

EAT FORTIFIED CEREALS

VITAMIN D

1500-2000 IU
per day



WAYS TO ADD VITAMIN D

THE BODY MAKES VITAMIN D WHEN THE SKIN
IS EXPOSED TO SUN

FEW FOODS HAVE SIGNIFICANT VITAMIN D

FATTY FISH (SALMON, TUNA) ARE THE BEST
SOURCES

EGGS AND CHEESE PROVIDE SMALL AMOUNTS

MOST OF OUR MILK SUPPLY IS FORTIFIED
WITH VITAMIN D

Calcium deficiency is prevalent in 86% of teenage girls.

With 95% of peak bone mass created by age 20, experts agree that getting adequate calcium during the teen years is crucial.

Eating adequate calories to match your energy needs is also important. Restricting calories is bad for bones.

DAILY SUPPLEMENTS ARE OFTEN NEEDED

Foods Rich in Calcium and Vitamin D

Food	Serving Size	Calcium Content	Vit D Content
Milk (canned and carton)	1 cup	300 mg	100 IU
Chocolate milk	1 cup	300 mg	100 IU
Soy milk with calcium	1 cup	300 mg	100 IU
Yogurt	¾ cup	400 mg	55 IU
Cheese	1.5 oz (size of 2 dice)	360 mg	4 IU
Pudding made with milk	½ cup	140 mg	50 IU
Calcium fortified orange juice	½ cup	185 mg	0
Broccoli	½ cup	20 mg	0
Almonds	¼ cup	100 mg	0
Egg Yolks	1 large egg	0	15 IU
Fish	75 g (size of palm)	0	60 – 200 IU
Margarine	1 tsp	0	25 IU



Locations

Emeryville
6121 Hollis St, Ste 2
Emeryville, CA 94608

Los Gatos
555 Knowles Dr
Los Gatos, CA 95032

**Lucile Packard Children's
Hospital Stanford**
725 Welch Rd
Palo Alto, CA 943048

Palo Alto
730 Welch Rd
2nd floor
Palo Alto, CA 943048

Pleasanton
5000 Pleasanton Ave, Ste 200
Pleasanton, CA 94566

**San Francisco –
Sutter Health CPMC**
3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

**Sunnyvale – Motion &
Sports Performance Lab**
1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

**Walnut Creek –
John Muir Medical Center**
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

Contact Us

Call (844) 41-ORTHO for appointments and more information, or visit us online at ortho.stanfordchildrens.org.