

Calcium and Vitamin D (Chinese)

为什么钙对我的饮食重要呢？

Why is calcium important to my diet?

均衡的饮食和足够的钙和维生素 D，有助预防骨质疏松症（骨骼减退）。

Eating a balanced diet with enough calcium and vitamin D will help prevent osteoporosis (weakening of the bones).

我需要多少钙？

How much calcium do I need?

这取决于你的年龄、性别、药物和骨密度。对大多数人来说，每天摄入 1000 至 1500

毫克钙是安全有效的。 This depends on your age, gender, drugs, and bone density. For most people, a daily intake between 1000 and 1500 mg of calcium is safe and effective.

哪些食物富含钙？

What foods are rich in calcium?

乳制品是钙的良好来源。一杯 8 盎司的牛奶含有约 300 毫克的钙。两片硬奶酪，如美国、瑞士、切达或莫扎雷拉，其钙含量与一杯牛奶的钙含量相当。软奶酪，如农舍奶酪，每份量则含以上的一半至三分之一的量。其他富含钙的食物是酸奶、鲑鱼、豆腐、杏仁和豆类。橙汁和豆浆则添加了钙强化。美国人平均每天从非乳制品中获得约 200 毫克的

钙。 Dairy products are good sources of calcium. An 8-ounce glass of milk contains about 300 mg of calcium. Two slices of a firm cheese, such as American, Swiss, cheddar, or mozzarella have about as much calcium as a glass of milk. Soft cheeses like cottage cheese have one half to one third of this amount of calcium per serving. Other calcium-rich foods are yogurt, salmon, tofu, almonds, and beans. Orange juice and soy milk come in calcium-fortified forms. The average American gets about 200 mg of calcium per day from non-dairy foods.

牛奶制品 Milk Products	钙 (毫克) Calcium (mg)	蔬菜/水果 Vegetables / Fruit	钙 (毫克) Calcium (mg)
原味酸奶, 2%, 1 杯 Plain yogurt, 2%, 1 cup	415	大黄, 1 杯 Rhubarb, 1 cup	348
脱脂干牛奶, 1/4 杯 Nonfat dry milk, 1/4 cup	377	介蓝菜叶或芥菜, 1/2 杯 Collard or mustard greens, 1/2 cup	179
脱脂牛奶, 1 杯 Skim milk, 1 cup	302	无头甘蓝, 1 杯 Kale, 1 cup	179
白脱牛奶, 1 杯 Buttermilk, 1 cup	285	白豆, 1 杯 White beans, 1 cup	170
莫扎雷拉奶酪, 部分脱脂, 1 盎司 Mozzarella cheese, part skim, 1 oz	207	甜菜叶, 1 杯 Beet greens, 1 cup	165
里科塔奶酪, 部分脱脂, 1/4 杯	168	绿花椰菜, 1/2 杯 Broccoli, 1/2 cup	89

Ricotta cheese, part skim, 1/4 cup			
乡村奶酪，2%，1 杯 Cottage cheese, 2%, 1 cup	155	秋葵，1/2 杯 Okra, 1/2 cup	88
布丁(带脱脂牛奶)，1/2 杯 Pudding (with skim milk), 1/2 cup	150	蕪菁甘藍，1 杯 Rutabagas, 1 cup	72
帕玛森奶酪，1 大匙 Parmesan cheese, 1 tbsp	69	四季豆，1 杯 Green beans, 1 cup	58
		青豆，1 杯 Lima beans, 1 cup	55
豆制品/谷物制品 Bean/Grain Products		柳橙，1 中等 Orange, 1 medium	52
威化饼/煎饼（添加牛奶、鸡蛋） Waffle/pancake (milk, egg added)	179	包心菜，1 杯 Cabbage, 1 cup	50
豆腐，3 盎司 Tofu, 3 oz	150		
英式松饼 English muffin	96	海鲜 Seafood	

大豆，1/2 杯煮熟 Soybeans, 1/2 cup cooked	88	鲑鱼，3-4 盎司 Salmon, 3-4 oz	225
玉米松饼 Corn muffin	66	牡蛎，3 1/2 盎司 Oyster, 3 1/2 oz	100
皮塔面包，1 口袋 Pita bread, 1 pocket	49	蛤，1/2 杯 Clams, 1/2 cup	74
强化全麦麦片 Fortified whole wheat cereal	48	虾，3 1/2 oz Shrimp, 3 1/2 oz	50
玉米饼，一片 6 英寸 Corn tortilla, one 6 inch	42	黑线鳕，3 1/2 盎司 Haddock, 3 1/2 oz	42
全麦餐包 Whole wheat dinner roll	34		
糙米，1 杯 Brown rice, 1 cup	33	坚果 Nuts	
		杏仁，2 盎司 Almonds, 2 oz	100

关于钙补充剂，我需要知道什么？

What do I need to know about calcium supplements?

如果你不能从食物中获得足够的日常钙，补充品是获得钙的另一种方法。以下是一些选择补充品的诀窍： If you are not able to get enough daily calcium from foods, supplements are another way to get calcium. Here are a few tips for choosing a supplement:

- 阅读标签。补充品的一个“份量”可能是 400 毫克的钙，但该“份量”却可能是两片。 Read the label. A supplement 'serving' may contain 400 mg of calcium, but that 'serving' may be two tablets.
- 钙补充剂可被吸收得更好，若是您一次服用 500 毫克或较少的钙。您可能需要在一天中分次服用剂量。 Calcium supplements are absorbed better if you take 500 mg of calcium or less at a time. You may need to split your dose over the course of the day.
- 可咀嚼的钙片比吞咽整个钙片更能吸收得好。 Chewable tablets are absorbed better than pills that are swallowed whole.
- 若你使用不可咀嚼的钙片，你可以测试看看它是否溶解得好。将药片放入一玻璃杯温水中 30 分钟，然后搅拌。若药片能溶于水，它也应该可以溶解在你的胃里。
If you use a non-chewable pill, you can test to see if it can dissolve well. Place the pill in a glass of warm water for 30 minutes, and then stir. If the pill dissolves in the water, it should also dissolve in your stomach.
- 一些服用钙补充剂的人担心铅含量。无铅钙补充剂有：Tums、Walgreen's、Equate、Nature Made、Sundown（皆是碳酸钙）、和 Citracal（柠檬酸钙）。两种著名的钙补充剂含有铅的是 Caltrate 和 OsCal。 Some people taking calcium supplements are concerned about lead content. Lead-free calcium supplements include Tums, Walgreen's, Equate, Nature Made, Sundown (all calcium carbonate), and Citracal (calcium citrate). Two well-known calcium supplements that contain lead are Caltrate and OsCal.

我应该服用碳酸钙还是柠檬酸钙？

Should I be taking calcium carbonate or calcium citrate?

- 一般来说，碳酸钙的成本更低，但同样有效果。

In general, calcium carbonate costs less, and is just as effective.

- 碳酸钙在用餐时服用，其吸收效果更佳。柠檬酸钙可以随时服用。

Calcium carbonate is absorbed better when taken with meals. Calcium citrate can be taken at any time.

- 柠檬酸钙 (Citracal) 可能是一个较好的选择，若有便秘的问题。

Calcium citrate (Citracal) may be a better choice if constipation is an issue.

- 大多数专家建议服用胃酸抑制药物的患者服用柠檬酸钙，而不是碳酸钙。胃酸抑制药物包括：佩奇、普里洛塞茨、普罗尼克斯、赞塔克等。

Most experts suggest that patients taking drugs that block stomach acid take calcium citrate rather than calcium carbonate. Stomach acid blocker drugs include Pepcid, Prilosec, Protonix, Zantac, and others.

维生素 D Vitamin D

我需要多少维生素 D？ How much vitamin D do I need?

若您被告知要服用维生素 D 补充剂，每天服用 800-1000 国际单位 (IU) 的剂量是安全有效的。大多数老年患者每天应服用 1000 IU。大部分综合维生素每天含有 400 IU。维生素 D 补充剂在药店、食品店和保健食品商店皆有出售。许多钙补充剂也含有适当的维生素 D。 If you have been told to take a vitamin D supplement, a dose of 800-1000 International Units (IU) per day is safe and effective. Most older patients should take 1000 IU per day. Most multivitamins contain 400 IU/day. Vitamin D supplements are sold at drug stores, food stores, and health food stores. Many calcium supplements also contain vitamin D in the right amount.

我可以从食物中获取必需的维生素 D 量吗？

Can I get my vitamin D requirements from foods?

很少有食物天然富含维生素 D。牛奶每 8 盎司杯含有 125 IU 的添加维生素 D。鸡蛋、肝脏和鱼类（如鲑鱼、沙丁鱼和鲱鱼）中有维生素 D。维生素 D 也可在皮肤直接暴露在阳光下生成。在夏天时，让阳光照射到你的手、脸和手臂上 10 至 30 分钟，每周 2 至 3 次，有助生成维生素 D。

Very few foods are naturally rich in vitamin D. Milk is fortified with 125 IU of vitamin D per 8-ounce glass. There is vitamin D in eggs, liver, and fish such as salmon, sardines, and herring. Vitamin D is also made in the skin after direct exposure to sunlight. Getting sunlight on your hands, face, and arms for 10 to 30 minutes, 2 to 3 times per week can help produce vitamin D during the summer months.

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与 UMHS 临床照顾指南相关的病患教育讲义

Patient Education Handout Associated with UMHS Clinical Care Guideline

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