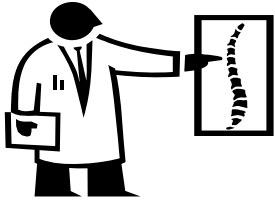





Osteoporosis



What is osteoporosis?

Osteoporosis is the loss of calcium from the bone. The bone becomes weak and can easily break (fracture). Older people are more at risk for this. When the body does not get enough calcium and vitamin D from foods, they are taken from your bones for use in the body. Vitamin D is also important because it helps the body absorb calcium from foods.

How do I know I have a problem?

-  An x-ray taken by your doctor can tell if you have bone loss.
-  You may have noticed loss of height.
-  Or, you may have had a fracture of the ankle, thighbone or hip.

Are you at risk for osteoporosis?

Here are risk factors that raise your risk of osteoporosis:

- **Gender:** women are more likely to have osteoporosis
- **Age:** the longer you live the greater your chances of osteoporosis
- **Family History**
- **Ethnicity:** Caucasian and Asian American are at the highest risk
- **Body Size:** low body weight (less than 127 pounds) and a small-boned frame place you at increased risk
- **Lifestyle:** a diet low in Calcium and vitamin D puts you at risk



How do I avoid getting osteoporosis?

There are a lot of things that you can do to help you avoid osteoporosis.

1. **Include enough calcium.** The Recommended Daily Intake for calcium is listed below:

| Age Ranges | Amount of daily calcium (mg/day) |
|-----------------------------|----------------------------------|
| Birth- 6 month | 210 |
| 6 moths- 1year | 270 |
| 1-3 years | 500 |
| 4-8 years | 800 |
| 9-18 years | 1300 |
| 19-50 years | 1000 |
| 51 and older | 1200-1500 |
| Pregnant or lactating women | |
| 14-18 years | 1300 |
| 19-50 years | 1000 |

2. **Vitamin D is also important to help with absorbing calcium. Vitamin D is made naturally in the body after fifteen minutes in the sun. Vitamin D supplements should be used for persons with limited exposure to the sun (i.e. in the winter or housebound persons, such as the elderly).** 400-800 IU (international units) of Vitamin D should be used as a supplement.



Food sources of Calcium and vitamin D

Calcium

Vegetables like kale, collard greens and turnip greens
Dairy products like milk, yogurt and cheese
Seafood and fish. Oysters and canned salmon and sardines with the bones
Almonds
Calcium enriched beverages like orange juice, soymilk and rice milk
Tofu made with calcium

Vitamin D

Cod liver oil
Fish like salmon, mackerel and sardines
Fortified dairy products like milk and some yogurts
Fortified soy and rice milks



3. Another way to lower your risk is to **take supplements when you can't get enough calcium and vitamin D from your food.** Products, which contain calcium carbonate (like TUMS®) or calcium citrate (like Citracal®) are the best sources.

Look for Vitamin D content on the label of your calcium supplement.

How much calcium do I need from my supplement?

Use the following equation to figure out How much calcium you will need to take:

| | |
|--|---------|
| DRI requirement (listed on page one) | _____mg |
| - Average Daily Intake (see table next page) | _____mg |
| <hr/> | |

= **Daily supplement needs** _____ mg

I need _____ mg calcium each day in a supplement.



And finally...

4. The last thing you can do is **strength training** or **weight-bearing exercise**. This will put force on your bones. Your body responds to the exercise, and makes your bone stronger. Please talk to your health care provider about an exercise program that uses strength training and weight-bearing aerobic exercise (walking).

TABLE 1: **Good Food for your bones**

| FOOD | Calcium content (mg) |
|---|-----------------------------|
| <u>DAIRY PRODUCTS:</u> | |
| Yogurt (1 cup) | 400 mg |
| Milk (1 cup) | 300 mg |
| Ice-cream (1 cup) | 176 mg |
| <u>CHEESE:</u> | |
| Swiss cheese (1 oz) | 272 mg |
| Mozzarella cheese (1 oz) | 207 mg |
| Cottage cheese (1 cup) | 155 mg |
| <u>FRUITS & VEGETABLES</u> | |
| Orange juice, calcium fortified (1 cup) | 300 mg |
| Turnip greens (1 cup) | 200-250 mg |
| Mustard greens (1 cup) | 140-180 mg |
| Broccoli, fresh (1 cup) | 176 mg |
| Vegetarian baked beans (1 cup) | 128 mg |
| Figs (5 dried) | 135 mg |
| Black strap molasses 1 T. | 135 mg |
| <u>SOY PRODUCTS</u> | |
| Tofu with Calcium (½ C) | 250-430 mg |
| Soy milk fortified (1C) | 250-350 mg |
| <u>FISH & SEAFOOD</u> | |
| Canned Salmon - 3 ounces | 200 mg |
| Canned Sardines-3 ounces | 325-370 mg |
| Nutrition Claim Good Source of Calcium | 100 mg |
| Nutrition Claim Excellent Source of Calcium | 200 mg |





325 9th Ave.
Seattle, WA 98104
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