Preventing Osteoporosis: EATING FOR HEALTHY BONES

Osteoporosis — a gradual thinning of the bones — and low bone density affect 54 million Americans.

1 in 2 women will break a bone due to osteoporosis. After your mid-20s, bone thinning is a natural process.

The good news is that osteoporosis can be preventable, and your diet plays a big role!

GET THE RIGHT AMOUNT OF CALCIUM

More isn’t always better when it comes to calcium. Also, try to space out your calcium intake during the day — your gut can only absorb about 500 mg at a time.

Key sources of calcium:
- Dairy: milk, yogurt, and cheese
- Leafy greens: kale, spinach, and collards
- Beans: soybeans, white beans, and pinto beans
- Fortified foods: orange juice and cereal
- Fortified nondairy milk: soy, almond, cashew, coconut

FIND VITAMIN D

Although your body produces vitamin D when skin is exposed to the sun, most of us don’t get enough of it this way. Many people need to get vitamin D through food or supplements to meet daily requirements.

Key sources of vitamin D:
- Fatty fish: cod, salmon, carp, eel, mackerel, trout, tuna
- Meat and poultry: beef, pork, turkey, chicken
- Fish: salmon, tuna, tilapia
- Eggs
- Dairy: cheese, yogurt, milk
- Beans, peas, and seeds
- Nuts: almonds, peanuts, pistachios, cashews, hazelnuts
- Grains: buckwheat, quinoa, wild rice
- Vegan/vegetarian alternatives: tempeh, seitan, tofu
- Fortified dairy: cheese and milk
- Eggs (yolk)
- Fortified foods: orange juice and cereal

DON’T FORGET PROTEIN

Bone gets a lot of its strength and flexibility from protein (collagen), which is a crucial part of a bone-healthy diet.

Key animal sources of protein:
- Meat and poultry: beef, pork, turkey, chicken
- Fish: salmon, tuna, tilapia
- Eggs
- Dairy: cheese, yogurt, milk

Recommended daily amount:
- 1,000 mg for women 50 and younger.
- 1,200 mg for women over 50.

Recommended daily amount: 600 IU if you are 70 or younger, pregnant, or breastfeeding. 800 IU if you are over 70.

Recommended daily amount: 0.4 grams of protein per pound of body weight.

WHAT’S ON YOUR PLATE?

GRILLED CHICKEN CAESAR SALAD:

• 3 cups shredded romaine
• ½ grilled chicken breast
• ¼ cup grated Parmesan
• ¼ cup plain croutons
• ¼ cup Caesar dressing

Chicken:
- 30 g of protein
- 5 mg of calcium
- 1 IU of vitamin D

Romaine:
- 2 g of protein
- 48 mg of calcium

Creations:
- 1.15 mg of calcium

Parmesan:
- 7 g of protein
- 2.73 mg of calcium
- 5.25 IU of vitamin D

Caesar dressing:
- 1 g of protein
- 30.5 mg of calcium
- 3 IUs of vitamin D

Croutons:
- 2 g of protein
- 11.5 mg of calcium

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