

# 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.

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

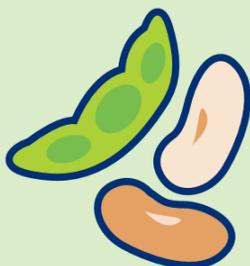
### Key sources of calcium:



Dairy: milk, yogurt and cheese



Leafy greens: kale, spinach and collards



Beans: soybeans, white beans and pinto beans



Fortified foods: orange juice and cereal



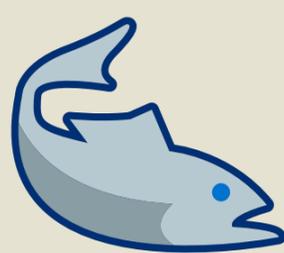
Fortified nondairy milk: soy, almond, cashew, coconut

## 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.

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

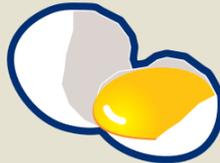
### Key sources of vitamin D:



Fatty fish: cod, salmon, carp, eel, mackerel, trout, tuna



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.

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

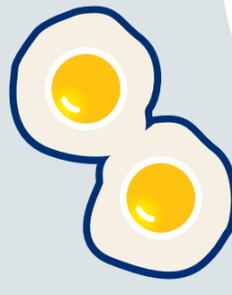
### Key animal sources of protein:



Meat and poultry: beef, pork, turkey, chicken



Fish: salmon, tuna, tilapia



Eggs



Dairy: cheese, yogurt, milk

### Key vegetable sources of protein:



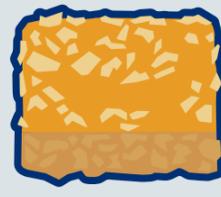
Beans, peas and seeds



Nuts: almonds, peanuts, pistachios, cashews, hazelnuts



Grains: buckwheat, quinoa, wild rice



Vegan/vegetarian alternatives: tempeh, seitan, tofu

## WHAT'S ON YOUR PLATE?

### GRILLED CHICKEN CAESAR SALAD:

- 3 cups shredded romaine
- ½ grilled chicken breast
- ¼ cup grated Parmesan
- ½ 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

**Croutons:**  
2 g of protein,  
11.5 mg calcium

**Parmesan:**  
7 g of protein,  
213 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

**Total:**  
• 42 g of protein (66 % of the DV for a person weighing 160 lbs)  
• 308 mg of calcium (30.8% of DV for a person under 50 )  
• 9.25 IUs of vitamin D (1.54 % of DV for a person under 70 )