



# June Nutrition Newsletter

2015

## Understanding Osteoporosis

Osteoporosis can strike at any age, but by age 70, between 30 and 40 percent of all women have had at least one fracture linked to osteoporosis.

Bones are constantly under construction; certain cells break down bone tissue and other cells use the calcium and nutrients in the foods you eat to build new bone. If you are not physically active or getting the nutrition you need, your bones will suffer. Over time they will become less dense, weaker and more likely to fracture.

Calcium, the major nutrient needed to form new bone cells, is vital for bone health. Your bones store more than 99 percent of the calcium in your body. Women over age 50 and men over age 70 need at least 1,200 milligrams of calcium a day. Calcium cannot build bones alone. It works with other nutrients to increase bone strength including Vitamins D & K, Potassium, Fluoride, Magnesium.

Supplements can't duplicate what foods offer naturally. Plus, many foods rich in one bone-building nutrient also contain other helpful ones. For example, milk is rich in calcium, but it is also a good source of vitamin D, potassium and magnesium. If you are not able to drink milk due to lactose-intolerance, try lactose-free milk and calcium-fortified food. Consult with your doctor about taking a calcium supplement with vitamin D especially if you are a menopausal or post-menopausal woman. Talk with your health care provider to determine if you may be at risk for osteoporosis.

<http://www.eatright.org/resource/health/wellness/preventing-illness/understanding-osteoporosis>

### Calcium Rich Shopping List

- Milk, yogurt and cheese
- Collard greens
- Kale
- Sardines
- Broccoli Rabe
- Fortified OJ
- Almond or Soy Milk
- Fortified Cereal
- Bok Choy
- Canned Salmon