Bone Health  As we age, we lose bone mass. Not having enough calcium stored in our bones can eventually lead to osteoporosis, which makes bones brittle and more likely to fracture. Men and women are susceptible to osteoporosis, but because of biological, hormonal, and nutritional differences, women are more likely to be affected. To minimize bone loss:

1. Get enough **calcium** and **vitamin D**
2. Do some **weight-bearing exercises** routinely (walking, strength training, dancing)
3. Avoid smoking and excessive amounts of alcohol – these both interfere with bone health

### Calcium-Rich Foods

#### The RDA for Calcium and Vitamin D are as follows:

<table>
<thead>
<tr>
<th></th>
<th>Calcium</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men 19-70 yrs.</td>
<td>1,000 mg/day</td>
<td>600 IU</td>
</tr>
<tr>
<td>Women 19-50</td>
<td>1,000 mg</td>
<td>600 IU</td>
</tr>
<tr>
<td>51-70</td>
<td>1,200 mg</td>
<td>600 IU</td>
</tr>
<tr>
<td>Men/Women 71+</td>
<td>1,200 mg</td>
<td>800 IU</td>
</tr>
</tbody>
</table>

**Dietary Guidelines and MyPlate recommend 3 servings from the Milk group daily**

1 serving is 1 cup (8oz) milk or yogurt, 1-1/2oz natural cheese, or 1/2 cup (4oz) cottage cheese or ice cream.

### Getting Good Food Sources of Calcium

- Choose low fat dairy—yogurt, frozen yogurt, ice milk, milk and lactose-free milk, smoothies with milk, and cheeses such as cottage, Swiss and cheddar.
- Choose fish with edible bones: sardines, and anchovies; salmon has both calcium and Vitamin D.
- Add tofu (soybean curd) to salads, stir-fries and other dishes.
- Snack on some almonds or add to cereals.
- Make soups, chowders and hot cereal with milk. Top salads, soups, and stews with shredded cheese. Make vegetable dips with plain yogurt or cottage cheese. Add broccoli, spinach, kale, mustard greens, and/or dried beans and lentils to casseroles and mixed dishes.
- Soy milk and other "milk-type" beverages and some orange juices and breakfast cereals are fortified with Calcium (and Vitamin D).

### Getting Good Food Sources of Vitamin D

- Vitamin D is the “Sunshine” vitamin but we cannot rely on sunshine.
- Few foods in nature contain vitamin D. The flesh of fatty fish (such as salmon, tuna, and mackerel) and fish liver oils are among the best sources. Small amounts are found in beef liver, cheese, and egg yolks. Vitamin D in these foods are primarily in the form of vitamin D3.
- Fortified foods provide most of the vitamin D in our diet. Our milk is fortified with 100 IU/cup. Other dairy products, such as cheese and ice cream, are generally not fortified. Ready-to-eat breakfast cereals often contain vitamin D, as do some brands of orange juice, yogurt, margarine and other food products.
Taking supplements

If you are advised to take a Calcium supplement, make sure it contains Vitamin D, since Vitamin D enhances the absorption of Calcium. Take supplements as an additional source of calcium, not a sole source of calcium. Foods contain other important nutrients, some of which promote calcium absorption as well.

- There are different types of calcium: Calcium Citrate does not require an acidic environment for absorption. Calcium Carbonate, however, should be taken with meals to enhance absorption.
- Calcium and iron should be taken at different times of the day as iron interferes with calcium absorption.
- Avoid supplements with dolomite or bone meal as they might contain some lead and other metals.

Healthy Bones Matter Quiz Questions

1. True or False: Bone is a living, growing tissue.
2. True or False: Your bones continue to gain density all your life.
3. True or False: I can’t do anything now to keep my bones healthy later in life.
4. True or False: Osteoporosis causes bones to get weak and break easily.
5. True or False: Osteoporosis has no symptoms until a person breaks a bone.
6. True or False: Men get osteoporosis more than women.
7. True or False: Low-fat dairy products are a good way to get calcium.
8. Multiple Choice: To grow to their full peak mass, bones need: a. calcium; b. vitamin D; c. weight-bearing exercise; and d. all of the above.
9. Multiple Choice: Which of the following is NOT a weight-bearing activity? a. swimming; b. walking; c. dancing

Quiz Answers:


Have a nutritional question or concern? If you are participating in services offered by Schenectady County’s Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian. Call Cornell Cooperative Extension, Schenectady County at 372-1622, ext. 269. Leave a message, if necessary, for the dietitian to call you back.

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (ElSEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

OFA – Bone Health 4/2017

Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext.304