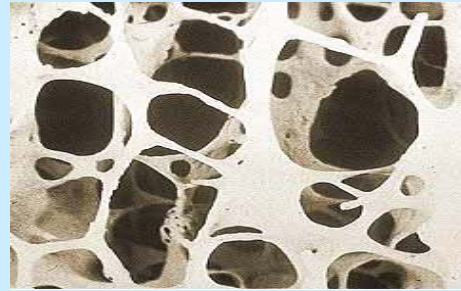


Osteoporosis: It's All About Your Bones

Osteoporosis is a disease that causes thinning of the bones. Often this thinning leads to back pain, loss of height and fractures.



Normal Bone



Osteoporosis

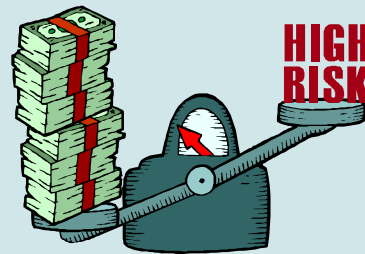
Risk Factors

- Family history of osteoporosis
- Menopause at an early age
- Not enough calcium in the diet
 - ◊ The recommended daily calcium intake for those over the age of 51 is **1200 mg**, or 4 servings of dairy/ day.
- Smoking
 - ◊ If you smoke, quit.
- Lack of exercise

Weight bearing exercises such as walking, dancing, low impact aerobics help

 - ◊ maintain bone mass
 - ◊ strengthen muscles
 - ◊ improve balance and reduce risk of falls and fractures

Try lifting a 1 pound soup can while you sit
- Excessive alcohol or caffeine intake
 - ◊ If you drink alcohol do so in moderation: 2 or less / day for males, 1 or less / day for females



Tips to Increase Calcium in Your Diet:

- ◆ Eat cereal with low fat milk for breakfast
- ◆ Use low fat milk, not hot water, to make hot cereal and soups
- ◆ Make fruit smoothies with low fat yogurt
- ◆ Use cheese to top off salads, veggies, and entrees
- ◆ Drink milk shakes made with low fat milk and ice cream
- ◆ Add powdered skim milk to your favorite recipes
- ◆ Take advantage of calcium-fortified foods such as juices, breads and cereals



Sources of Calcium

- ◆ Consult with your physician before using any calcium supplement. Some of the supplements can interfere with other medications.

Food Source	Portion Size	Calcium Provided (mg)
Low Fat Yogurt	1 cup	415 mg
Calcium-Fortified Juice	1 cup	350 mg
Low Fat Milk	1 cup	300 mg
Soy Milk	1 cup	250 mg
Calcium-Fortified Cereal	3/ 4 cup	200-250 mg
Cheese, Cheddar	1 ounce	204 mg
Cottage Cheese	1 cup	154 mg
Pudding	1/2 cup	144 mg
Almonds	1/3 cup	126 mg
Ice Cream	1/2 cup	118 mg
Sweet Potatoes	1/2 cup	109 mg
Broccoli	1 cup	94 mg
Calcium-Fortified Bread	1 slice	40 mg

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