



The Facts About Preventing Osteoporosis

Osteoporosis is the process of bone loss that leads to soft, brittle, and weak bones in women *and* men. Hips and spines are the most common bones broken.

You can stop osteoporosis and prevent broken bones by getting enough calcium, vitamin D, and participating in regular weight bearing exercise.

Calcium

Seniors need at least 1200mg of calcium every day. This will help stop bone loss. Your body will use the calcium you eat rather than taking any more from your bones.

The best source of calcium is low fat dairy foods. Many vegetables and legumes are also good sources. Two food lists to help you are shown on page 2.

If you don't eat enough calcium rich foods, think about taking a supplement. To see if taking a calcium supplement is right for you talk to your doctor and pharmacist.



Vitamin D

Your body needs vitamin D to get the calcium from your food into your system. Seniors need 400 units of vitamin D every day.

Vitamin D is found naturally in fatty fish like salmon. Milk has vitamin D added to it so it is a good source of both calcium and vitamin D. Read food packages

carefully to find other foods with added vitamin D.

If you don't get enough vitamin D, then you should consider taking a vitamin D supplement. Talk to your doctor and pharmacist about taking supplements before you start.

Remember that high doses of vitamin D can be harmful. A dose of 600 units per day is safe. At doses of 2,000 units your kidneys and arteries get overloaded with calcium.

Stay Active

Weight bearing exercise, like walking, dancing, or lifting, is the only way to make your bones stronger and thicker. This type of exercise can stop osteoporosis from getting any worse. People of all abilities can get involved in weight bearing exercise. Check with your physician before starting any program.

Treatment Program

Talk to your doctor about your situation. Besides food and exercise, there are also medicines that can be part of an osteoporosis treatment program.

Tasty Low-fat Cream Soups

Makes 1 Serving

Basic soup:

- ¾ cup low-salt chicken broth
- 1 Tbsp. onions, chopped
- 2 Tbsp. celery, diced
- 2 tsp. flour
- 1 cup dry skim milk powder
- Black pepper to taste

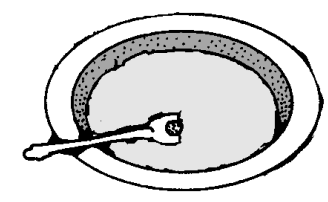
Simmer celery and onion in ¼ cup low-salt chicken broth for 2-3 minutes.

Combine the skim milk powder, flour and seasonings. Sprinkle this mixture over the remaining low-salt chicken broth and beat until smooth. Add to the celery and onion mixture. Cook at medium heat until mixture thickens..

Soup variations:

Add ½ cup of any one of these foods:
Cooked chicken, cooked fish, carrots, mushroom, broccoli, potato, cauliflower, mixed vegetables, peas, corn or creamed corn and canned, chopped tomatoes

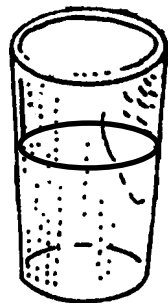
You can also use the Basic soup as a thickener for casseroles. Each serving has 156 calories, 354mg calcium, 1g fat, 14 g protein, 221mg sodium



Eat Enough Calcium Every Day!

Getting 1200mg of calcium from foods you eat can be a fun challenge. Include all of the foods from one list in your meals for one day and you will meet your calcium requirement.

List 1	Calcium mg	List 2	Calcium mg
Milk, skim or 1%, 1 cup	300	Orange juice, Fortified, 8 oz.	300
Yogurt, fruit, low fat, 1 cup	315	Total or Basic 4 cereal, ¾ cup	250
Cream soup, Broccoli (Page 4), 1 serving	354	Milk, skim or 1%, 1 cup	300
Provolone cheese, 1 ounce	215	Broccoli, steamed, 1 cup	72
Whole wheat bread, 2 slices	40	Low fat cheddar cheese, ½ oz.	100
		Salmon Spread	200
Total Calcium for list 1	1224	Total Calcium for list 2	1222



What if I can't drink milk?

Some people can't drink milk because they are lactose intolerant. Lactose is the natural sugar in milk. Other people might actually be able to tolerate small amounts of milk without having problems. Check with your doctor to be sure your symptoms are truly due to lactose intolerance.

Here are some tips on including some milk and milk products in your diet if you have trouble with large amounts of milk.

- Start with small milk servings
- Milk may be easier to digest when you eat food too.
- Cheese does not have as much lactose as milk.
- Several companies make special milk that is easy to digest, Lactaid is one brand. You can also buy drops to add to milk to help break down the sugar.

Will You Get Osteoporosis?

Mark an X in the box next to each sentence that describes you.



- You are a woman past menopause or going through menopause.
- You are 70 years old or older.
- You are Caucasian (white).
- You don't exercise 3 times per week.
- You are very thin or under weight.
- You don't get at least 1200 mg of calcium every day.
- A member of your family has osteoporosis.
- You have taken prednisone, cortisone, other steroid medication for a long time.
- You smoke or drink more than 3 glasses of beer, wine, or alcohol per day.

If you checked one or more boxes you may be at risk for osteoporosis. If you think you may be at risk, focus on eating enough calcium and exercising and talk with your doctor.

Calcium Rich Recipes

Salmon Spread

7 – ¼ cup Servings

- 1 15 ½ oz. can salmon
- 1 Tbsp. lemon juice
- 1 Tbsp. Horseradish
- 1 8 oz. container plain fat-free yogurt
- 1 Tbsp. dried dill weed
- 4 green onions, chopped (or 1/4 cup regular onion, or onion powder to taste)
- parsley for garnish

Drain salmon and flake with fork into bowl. Mix in all other ingredients. Serve on bread, crackers, or a rice cake. Sprinkle chopped parsley to garnish.

Each serving has 110 calories, 200mg calcium, 4g fat, 13g protein, 75mg sodium

Banana Shake

2 servings

- 1 medium banana
- 2 cups skim or low-fat milk



Mash bananas. Add to the milk. Beat with a blender or egg beater until smooth. Each serving has 154 calories, 355 mg calcium, 1 g fat, 10 g protein, 146 mg sodium