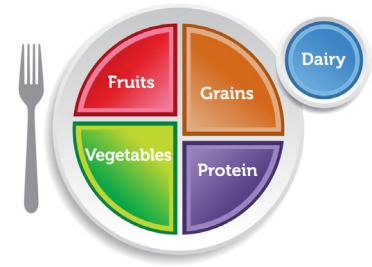




A Pioneering Area Agency on Aging

# Osteoporosis



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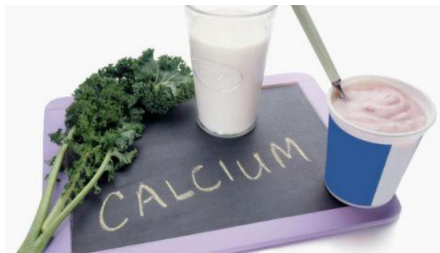
Osteoporosis is sometimes called a “silent killer” with few noticeable changes to your health to indicate you have it. Often, the first sign of osteoporosis is when a bone breaks and the damage is already done.

Osteoporosis can strike at any age, but occurs mostly in people over age 50. By age 70, between 30 and 40 percent of all women have had at least one fracture linked to osteoporosis. While the incidence of osteoporosis is higher among women, more than two million American men also suffer from this disease, according to the National Institutes of Health.

It is important to maintain a healthy diet and exercise routine for strong and healthy bones, especially if you are at-risk or diagnosed with osteoporosis.

## Calcium

Calcium is essential for healthy, strong bones. Most of the calcium in our body is stored in the bones and teeth, but each day we lose calcium through normal body processes. Our bodies cannot produce calcium on its own and is dependent on getting enough through food.



### The recommendations for calcium include:

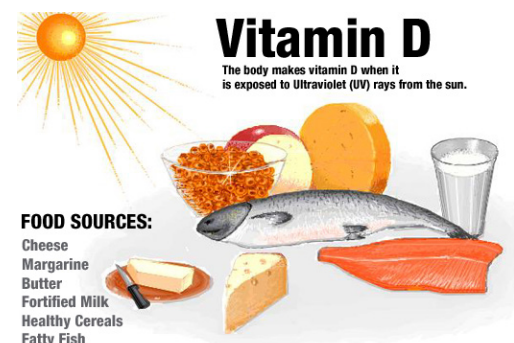
- Women over age 50 = 1,200 mg/day
- Men under age 70 = 1,000 mg/day
- Men over age 70 = 1,200 mg/day

Calcium can be found in dairy products such as milk, yogurt and cheese. It also can be found in some green vegetables such as collard greens, broccoli and kale. Fortified foods such as ready-to-eat cereal, oatmeal and juice often have added calcium to help increase nutritional value.

## Vitamin D

Vitamin D is also essential for bone health, as it helps with the absorption of calcium. It is recommended that adults age 50 and over consume between 800 to 1,000 IU daily. Sunlight is the most natural way for your body to absorb Vitamin D. It has been suggested that approximately 10 to 30 minutes of sun exposure between 10 a.m. and 3 p.m. two times per week usually leads to sufficient Vitamin D.

Food sources of Vitamin D can be harder to come by. Fatty fish such as salmon, tuna and mackerel are good sources of Vitamin D. There also are fortified foods that contain higher levels of Vitamin D, such as milk, juice and ready-to-eat cereals.



It is best to get Calcium and Vitamin D through food sources. Supplementation is available but you should consult your doctor or registered dietitian to determine if it is the right option for you.

## Exercise

It is important to maintain a healthy exercise routine to strengthen bones and improve balance, coordination and flexibility. Weight-bearing exercises such as walking and aerobics can help improve bone strength. Tai Chi and yoga can help strengthen muscles and improve balance and coordination.

If you have osteoporosis, talk with your doctor about which exercises will be best for you.

This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.



## Food Sources of Calcium

- Fortified Oatmeal, 1 packet = 350 mg
- Milk, non-fat, 1 cup = 300 mg
- Yogurt, low-fat plain, 1 cup = 300 mg
- Soybeans, cooked, 1 cup = 261 mg
- Orange Juice, fortified with calcium, 6 oz. = 200-260 (varies)
- Cottage Cheese, 1% milk fat, 1 cup = 138 mg
- Ready-to-eat cereal, fortified with calcium, 1 cup = 100-1000 (varies)
- Broccoli, raw, 1 cup = 90 mg

## Food Sources of Vitamin D

- Salmon, 3 oz. = 447 IU
- Tuna fish, canned, 3 oz. = 154 IU
- Orange juice, fortified with Vitamin D, 1 cup = 137 IU
- Milk, Vitamin D fortified, 1 cup = 120 IU
- Margarine, fortified, 1 tbsp. = 60 IU
- Egg, 1 large (Vitamin D is found in yolk) = 41 IU
- Ready to eat cereal, fortified with 10% Daily Value (DV) = 40 IU
- Cheese, Swiss, 1 oz. = 6 IU

## Banana Nut Overnight Oats

### Ingredients:

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 ½ ripe bananas, sliced, divided | ½ tsp ground cinnamon      |
| ½ cup uncooked traditional oats   | 1/8 tsp ground nutmeg      |
| ½ cup low-fat milk                | ¼ tsp Pure Vanilla Extract |
| 1 Tbsp Greek Yogurt               | 2 Tbsp walnuts, chopped    |
| 2 tsp honey                       |                            |

### Directions:

1. Add oats to your container and pour in milk.
2. Layer Greek Yogurt, bananas, honey, ground cinnamon, nutmeg, vanilla on top, and sprinkle with walnuts
3. Refrigerate overnight and enjoy in the morning!

