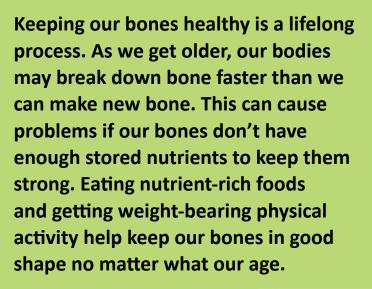
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Test Your Knowledge

Vitamin K **Smoking**

Walking

Caffeine

Dancing Magnesium



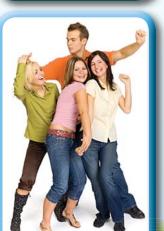
Circle the habits and nutrients that are good for bone health.

Swimming

Calcium

Answers on back





Keep Moving

Staying active is important for bone health. Whenever your heel hits the ground, it helps increase bone density and decrease osteoporosis. Try these weight-bearing, bone-friendly activities:

> Walking or jogging **Dancing** Weightlifting

Research shows that weight-bearing exercise, such as walking, for a total of 30 minutes each day may not only stop bone loss but also can increase bone density.

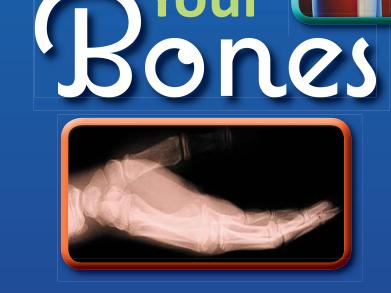


For more information on this and other topics, see www.aq.ndsu.edu

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Nourish

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Extension Service North Dakota State University July 2010





Get Your Calcium

Calcium provides strength to bone framework. Individuals between ages 19 and 50 need 1,000 milligrams (mg) of calcium each day, while those over the age of 50 need at least 1,200 mg each day.

Drinking milk instead of sodas or other sweetened beverages is a good step toward better bone health.

Good Sources of Calcium



Milk: 300 milligrams (mg)/8 ounces Nonfat yogurt: 415 mg/8 ounces Large taco with cheese: 340 mg Sardines: 324 mg/3 ounces

Sarumes. 324 mg/3 ounces

Fortified orange juice: 300 mg/8 ounces

Swiss cheese: 270 mg/1 ounce

Vanilla ice cream: 170 mg/8 ounces

Collard greens: 100 mg/½ cup Spinach: 59 mg/2 cups

Broccoli: 50 mg/½ cup

Did You Know?

Fat-free (skim) milk has slightly more calcium than whole or 2 percent milk. Whole milk usually has about 291 mg of calcium per serving, while fat-free milk provides 302 mg per serving.

Don't Forget the Sunshine Vitamin

Vitamin D is essential to bone health. Without it, bones may become thin or brittle. Although our bodies make vitamin D naturally from exposure to sunlight, people who live in the northern part of the country do not have adequate exposure to sunlight to make enough vitamin D. Deficiency is becoming more and more common. Nutrition experts recommend 1,000 (or more) International Units (IU) of vitamin D each day through fortified foods and/or supplements.

Good sources of vitamin D

Salmon: 794 IU/3 ounces Tuna: 154 IU/3 ounces Milk: 115 IU/8 ounces



Eat Plenty of Greens

Leafy greens are a good source of calcium, vitamin K and many other nutrients that are important for bone health.



Good examples include parsley, Swiss chard, kale, broccoli and spinach. Aim to eat at least three servings (2 to 3 cups) of vegetables each day.



Note: If you are on Coumadin or another blood-thinning medication, remember that maintaining a consistent intake of leafy greens is important. Check with your health-care provider before making dietary changes to include more leafy greens.

Limit Alcohol Intake

Keep alcoholic drinks to a minimum. Women should have a maximum of one drink per day, while men should stick to two drinks per day or fewer. Drinking too much alcohol may decrease bone density and put you more at risk for bone disease.

Reduce or Eliminate Smoking

Smoking also may increase bone loss, along with all of the other negative impacts it has on the heart and lungs. Quitting smoking reduces the risk and prevents further damage.

Consider Other Bone-healthy Nutrients



Magnesium: found in halibut, almonds, spinach and beans

Boron: found in dates, raisins, prunes, almonds, hazelnuts, peanuts and apples **Zinc:** found in oysters, beef, pork, baked

beans and yogurt

Consider Supplements

Sometimes we may not get all the nutrition we need from our diet alone. Supplements can help bridge the gap to ensure we are getting the nutrients

our bones need. Depending on our food choices, we may need supplements of calcium, vitamin D and magnesium to ensure bone health. Talk with your health-care provider before adding a supplement to your diet, and always inform your health-care provider of any supplements you take.

