

Bone Health

What is osteoporosis?

Osteoporosis is a disease in which an individual has weakened bones and are at increased risk for fractures. Osteoporosis is more prevalent in individuals over 50 and while men can develop the disease, it is more common in women.

Diet is essential when trying to prevent and manage osteoporosis. Calcium is the major mineral needed to keep bones strong and healthy. However, Vitamin D, Vitamin K, potassium, fluoride, and magnesium are just as important. Calcium uses these other nutrients to increase uptake and absorption to maintain bone strength and quality.

Women over age 50 and men over age 70 need at least 1,200 milligrams of calcium per day*

What can I do to promote healthy bones?

Consume calcium-rich foods:

- Dairy products: milk, yogurt, cheese



Consume calcium-fortified products:

- Soy milk
- Cereal
- Fruit juices such as orange juice

Participate in moderate exercise

- Weight-bearing exercise
- Aerobic physical activity

Consume non-dairy foods high in calcium:

- Almonds
- Dark, leafy greens and vegetables such as spinach, broccoli, kale, snap peas
- Beans
- Canned Salmon
- Tofu



*Values from the Academy of Nutrition and Dietetics for more information visit eatright.org