

# KEEP YOUR BONES STRONG

## IMPORTANT LIFESTYLE MODIFICATIONS

A healthy diet and regular weight-bearing exercise are important in preventing future fractures. If you have osteoporosis, adequate intake of calcium and vitamin D is especially important.

### MAJOR FOOD SOURCES OF CALCIUM

- Milk  
Whole or Skim
- Yogurt  
Plain, Fruit, Frozen
- Cheese  
Mozzarella, Muenster, Cheddar
- Ice Cream  
Hard, Soft-Serve
- Ice Milk  
Hard, Soft-Serve
- Fish and Shellfish  
Oysters, Sardines, Salmon
- Vegetables  
Broccoli, Collard Greens, Turnip Greens, Tofu

### WEIGHT-BEARING EXERCISES

- Low-impact aerobics
- Walking
- Running
- Tennis
- Strength training with weights
- Dancing
- Gardening
- Household chores

Consult with your doctor before starting any exercise program or making any change in your diet.

**Although adequate calcium intake is important for bone health, calcium can't totally stop bone loss or rebuild bone.**

## CALCIUM: WHAT YOU NEED TO KNOW

After menopause, getting calcium may slow bone loss—but cannot completely stop it.

Throughout your life, calcium and vitamin D play key roles in maintaining your bone health. They are particularly vital while your bones are still growing, generally until about age 35. After menopause, calcium may slow bone loss, but it cannot completely stop bone loss or make your bones stronger. Vitamin D helps your body to absorb calcium effectively and can be found in foods such as fortified dairy products, egg yolks, saltwater fish, and liver. Because calcium and vitamin D are critical components of a healthy, balanced diet, eating right and taking a daily multivitamin ensures that you are getting adequate amounts of the vitamins and minerals your body needs.

### FIND OUT HOW MUCH CALCIUM IS IN YOUR DIET

1. Calculate your calcium score by estimating the number of daily servings of each of the foods listed that you eat on a regular basis. (If your favorites are not listed, you can look up their calcium content in a number of readily available nutrition books.)
2. Multiply your total servings by the number of milligrams of calcium found in each of the foods listed.
3. Add up the milligrams.
4. Compare your total milligrams with the recommended calcium requirement of 1,000 mg per day for premenopausal women and postmenopausal women on estrogen, and 1,500 mg per day for postmenopausal women *not* on estrogen.
5. If your daily diet includes less than the recommended calcium requirement, you may need to increase your calcium intake.

# CALCULATE YOUR CALCIUM INTAKE

Foods Containing Calcium	Serving Size	Number Servings Per Day	Foods Containing Calcium	Serving Size	Number Servings Per Day
--------------------------	--------------	-------------------------	--------------------------	--------------	-------------------------

(Many calcium-rich foods are also rich in fat and calories. Choose skim or part-skim versions of your favorites whenever possible.)

## 400 MG CALCIUM

Yogurt (plain, nonfat, low fat)	1 cup	_____
Evaporated skim milk	1/2 cup	_____
Nonfat dry milk powder	1/4 cup	_____
Mackerel, canned	5 oz	_____
Sardines in oil	4 oz	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 400 =		_____ mg

## 300 MG CALCIUM

Milk (nonfat, low fat, lactose reduced, whole, goat's milk)	1 cup	_____
Grated Parmesan cheese	1 oz	_____
Macaroni and cheese	3/4 cup	_____
Ricotta cheese (part skim, nonfat)	1/2 cup	_____
Swiss and Gruyère cheese	1 1/2 oz	_____
Collard greens (frozen, cooked)	1 cup	_____
Salmon (baked, broiled)	6 oz	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 300 =		_____ mg

## 200 MG CALCIUM

Figs (dried)	10	_____
Tofu	1 cup	_____
Burrito (chicken or beef with cheese and beans)	1	_____
Enchilada with cheese and beans	1	_____
Lasagna	2 1/2" x 4" pc	_____
Oysters (raw)	6	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 200 =		_____ mg

## 150 MG CALCIUM

Oatmeal (instant)	1 packet	_____
Bok choy	1 cup	_____
Rhubarb (frozen, cooked with sugar)	1/2 cup	_____
Nachos with cheese and beans	4	_____
Pizza, cheese	1 slice	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 150 =		_____ mg

## 100 MG CALCIUM

Soybeans (cooked)	1 cup	_____
Turnip greens (frozen, cooked)	1/2 cup	_____
Almonds (shelled)	1 1/2 oz	_____
Ice cream, ice milk, frozen yogurt	1/2 cup	_____
Spinach	1/2 cup	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 100 =		_____ mg

## 50 MG CALCIUM

Orange juice	6 oz	_____
Broccoli	1/2 cup	_____
Kale, mustard greens (frozen, cooked)	1/2 cup	_____
Baked beans	1/2 cup	_____
English muffin	1	_____
Cottage cheese	1/2 cup	_____
Oatmeal muffin	1 medium	_____
Orange	1 medium	_____
Pita	1 small	_____
Sweet roll	1	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 50 =		_____ mg

## 25 MG CALCIUM

Refried beans	1/2 cup	_____
Raisins	1/2 cup	_____
Whole wheat or white bread	1 slice	_____
Egg (hard boiled)	1	_____
Tortilla chips	10	_____
TOTAL SERVINGS		_____
TOTAL SERVINGS x 25 =		_____ mg

## SUM OF MILLIGRAM SCORES

TOTAL DAILY INTAKE \_\_\_\_\_ mg

If a postmenopausal woman's total score is less than 1,500 mg, it is important to increase her daily calcium intake. If a woman has not yet reached menopause or is taking estrogen, her daily calcium intake should be 1,000 mg/day.

