



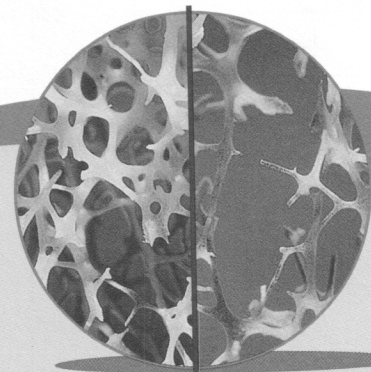
Osteoporosis Canada

Ostéoporose Canada

Your Guide to Strong Bones

Osteoporosis is a disease that makes bones thin and weak. If you have weak bones and fall, you can easily break (fracture) your wrist, shoulder or hip. Lifting or twisting can cause fractures in your back.

Broken bones can be painful. Even after they heal you may not be as strong. A broken hip is especially serious for older people, often leaving them disabled.



Healthy Bone

Bone with Osteoporosis

You can keep your bones strong.

Get Enough Calcium and Vitamin D

Calcium helps to keep your bones strong. You also need vitamin D to help your body absorb the calcium.

- Eat a balanced diet.
- Eat foods that are rich in calcium like milk, cheese, yogurt or calcium-fortified soy beverage and orange juice.
- Limit the amount of caffeine (coffee, cola) and alcohol in your diet.
- Take a calcium supplement if you can't get enough calcium from your diet.
- Over age 50? You will need a multi-vitamin or supplement to get your vitamin D.

How much calcium and vitamin D do you need each day?

Age	Calcium	Vitamin D
19-50	1000 mg	400 IUs
50+	1500 mg	800 IUs

mg = milligrams

IU = international units

Calcium content of some common foods

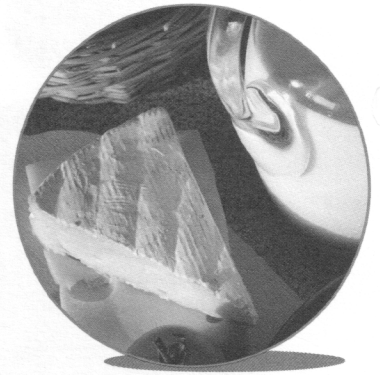
Milk and Milk Products	Portion	Calcium*
Milk - 2%, 1%, skim	1 cup / 250 mL +	300 mg
Cheese - Cheddar, Edam, Gouda	1 1/4" / 3 cm cube	245 mg
Yogurt - plain	3/4 cup / 185 mL	295 mg
Ice Cream	1/2 cup / 125 mL	80 mg
Cottage cheese - 2%, 1%	1/2 cup / 125 mL	75 mg

Fish and Alternatives		
Salmon, with bones-canned	1/2 can / 105 g	240 mg
Fortified soy beverage	1 cup / 250 mL	285 mg
Fortified orange juice	1 cup / 250 mL	300 mg
Almonds	1/4 cup / 63 mL	95 mg
Sesame seeds	1/2 cup / 125 mL	95 mg
Beans - cooked (kidney, lima)	1 cup / 250 mL	50 mg
Soybeans - cooked	1 cup / 250 mL	170 mg
Tofu - with calcium sulfate	3 oz. / 84 g	130 mg

Breads and Cereals		
Bread - whole wheat	2 slices	40 mg
Instant oatmeal, calcium added	1 pouch / 32 g	150 mg

Fruits and Vegetables		
Broccoli - cooked	3/4 cup / 185 mL	50 mg
Orange	1 medium	50 mg
Bok Choy	1/2 cup / 125 mL	75 mg
Figs - dried	10	150 mg

*Approximate values
+Add 100 mg per serving for calcium-enriched milk



Exercise to Keep Your Bones Strong

- Walk, run, do aerobics, hike, skate or dance! Your bones get stronger when they have to carry your full weight.
- Make your bones stronger by lifting weights, rowing or doing push-ups.
- Falls can lead to broken bones. Improve your balance and coordination with tai chi or swimming.
- Quit smoking.

Medication to Make Your Bones Stronger

Sometimes good diet and exercise aren't enough to keep your bones strong and prevent fractures. You may need to take medication too. Talk to your doctor about what is best for you.

Keep Your Bones Strong...for Life!

Do you have questions?

Call Osteoporosis Canada at 1-800-463-6842.

Or visit our website – www.osteoporosis.ca

