

# EAT WELL, AGE WELL. BONE HEALTH MONTH

## Bone Health Beyond Calcium: Vitamin K2

There are many factors that affect bone health such as magnesium, weigh-bearing exercise, intestinal health, and vitamin K2.

Potassium (K1 and K2) is an important nutrient for our bodies. Vitamin K2 is responsible for activating a protein that helps build our bones.

The ideal way to get vitamin K2 is to eat meat, especially organ meat (mainly liver), chicken beef, bacon, and ham. Egg yolks and high-fat dairy products (hard cheeses) are also options for those who do not eat meat. Grass-fed animals contain higher levels than grain-fed animals.

## Cheese and Broccoli Frittata: Serves 2



Photo courtesy of pixabay.com

### Ingredients:

- 4 large eggs
- ½ small onion, sliced
- 1 Tbsp olive oil
- 1 cup broccoli, chopped
- Salt to taste
- Pepper to taste
- ¼ cup shredded cheese

### Directions

1. Separate 2 of the eggs, putting the whites into a bowl (discard the yolks). Add two whole eggs and 1 Tbsp of water and whisk well.
2. Boil or steam the broccoli until slightly soft.
3. In a medium non-stick pan heat the oil at medium heat. Add the onion and cook until it softens.
4. Add the broccoli and cook another 2 minutes. Add salt and pepper.
5. Pour in eggs, cover vegetables evenly. Reduce heat to medium-low for about 7-8 minutes.
6. Preheat oven on boil. Sprinkle with cheese and set under broiler until golden brown (about 2-3 minutes).

Recipe adapted from: International Osteoporosis Foundation

# EAT WELL, AGE WELL. NUTRITION AND BONE HEALTH

## Eating for Bone Health: What you need to know

Eating to help build and maintain bone health is extremely important, especially in older adults.

Bone density naturally decreases as we age so making sure our diets are rich in calcium and vitamin D is essential. Calcium and vitamin D are often found in dairy products. Vitamin D is important because it increases the absorption of calcium.

Having healthy and strong bones will help prevent the risk of osteoporosis and other related issues. Osteoporosis puts you at a higher risk of bone fractures so make sure you're getting proper nutrition to prevent this!

## Maple Spiced Snack Bars:



## Ingredients

- 2 ½ cups old-fashioned rolled oats
- 1 ½ cups whole wheat flour
- ¼ cup brown sugar
- 1 tablespoon pumpkin pie spice
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 cup canned pumpkin
- 1 7-ounce container plain Greek yogurt
- 1 cup milk
- ½ cup pure maple syrup
- 2 eggs lightly beaten
- 2 teaspoons vanilla

## Directions

1. Preheat oven to 350°.
2. Coat a half-sheet pan or large rimmed baking sheet with cooking spray.
3. In a large mixing bowl combine dry ingredients -set aside.
4. In a medium mixing bowl, whisk together canned pumpkin, yogurt and remaining wet ingredients, stirring until well combined and smooth.
5. Gradually add wet ingredients to the dry ingredients, stirring until mixed thoroughly.
6. Pour batter into prepared sheet pan, spreading out into one even layer. Bake for 20 minutes, or until edges are lightly browned and/or a toothpick comes out clean when inserted into the center.
7. Remove from oven and let cool completely before cutting. Cut into 24 squares.

Recipe adapted from: Rebecca Egsieker

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## Tips for Stronger Bones

Various factors can affect bone strength including physical activity, tobacco/alcohol use, weight, hormone levels, and diet. As we age, our risk increases for conditions such as osteopenia, low bone density, or the more severe version known as osteoporosis. Some nutrition-related aspects to focus on include:

- **Calcium** – Men ages 51-70 should consume 1,000 mg/day; men over 70 and women over 50 should consume 1,200 mg/day.
- **Vitamin D** – This is necessary in order to properly absorb calcium. Men and women should consume 600 IU/day and should increase that to 800 IU over the age of 70.

Read food labels to ensure your meeting your daily needs.

*There are several ways to get your daily recommended amount of calcium and vitamin D. Foods such as dairy products are often a good source of calcium, while foods like trout, salmon, and some mushrooms are common sources of vitamin D. Foods that are considered fortified like certain milks, juices, and cereals are usually a good source. If you are not able to meet your needs with food, then perhaps supplementation is a good option, discuss with your healthcare provider.*

## Baked Salmon with Braised Orange Broccoli (Serves 2)

### Ingredients

- 2 – 4 oz salmon fillet\*
- 2 Tbsp fortified orange juice\*\*
- ½ - 14 oz can crushed tomatoes (with half of juice from the can)
- 2 cups broccoli (fresh or frozen)
- Olive oil or cooking spray
- Salt\*\*\*
- Pepper

\*Single serving fillets are often found in the frozen foods

\*\*Look for juice with no added sugar

\*\*\*Feel free to substitute or add your favorite herbs and spices!

### Directions

#### Method

- Bake fillets at 425°F for 8-10 minutes or until flaky and opaque in color. Lightly season with salt and pepper
- While salmon bakes, add juice, tomatoes (with juice), and broccoli to medium saucepan and bring to a boil
- Reduce heat, cover and simmer for 3-5 minutes\*
- Lightly season with salt and pepper
- Plate the salmon and broccoli mixture side by side and serve immediately. Refrigerate leftovers

\*Simmer longer if softer texture is desired

Recipe adapted from Dr. Andrew Weil

## Tips for Eating for Good Bone Health

- **Beans:** Beans contain calcium, magnesium, fiber and other nutrients that are good for bone health.
- **Meat:** Protein is great for muscle and bone health. Consuming too much meat can cause the body to lose calcium. Consuming dairy products will ensure that your body is getting adequate calcium.
- **Caffeine:** Drinks such as coffee, tea, and soft drinks (soda) contain caffeine, which may decrease calcium absorption and contribute to bone loss.
- **Spinach:** Spinach is high in oxalates and your body doesn't absorb calcium well from foods that are high in these. Spinach contains other healthy nutrients but should not be counted as a source of calcium.

## Beans & Greens Salad:

Serves 4



Photo Courtesy of Pixabay.com

### Ingredients:

- 1 head green or red leaf lettuce, chopped
- 1 (15 oz.) can cannellini beans, rinsed and drained
- ½ red onion, chopped
- 2 cloves garlic, minced
- 2 Tbsp. sugar
- ¼ cup red wine vinegar
- 1/3 cup extra-virgin olive oil
- Salt and pepper, to taste

### Directions

1. Arrange the greens on a large platter or in a small bowl. Top with beans and red onions.
2. In a small bowl, combine garlic, sugar, and vinegar. Whisk in oil. (Dressing may also be made in the blender or food processor).
3. Pour dressing evenly over the salad.
4. Season salad with salt and pepper if desired. Serve and enjoy.

*This recipe contains beans, which are great for bone health!*

Recipe adapted from: Rachel Ray

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