

Bone Health

Non-food sources of vitamin D

The National Osteoporosis Foundation recommends most people take a vitamin D supplement. One can get enough vitamin D through synthesis in the body after exposure to the sun. In Wisconsin it can be difficult during fall and wintertime.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Marcelina Worden 6-2021

Bone Health

What foods have Vitamin D?

Fatty fish such as salmon, tuna, and fish liver oils are good sources. Small amounts are found in beef liver, cheese, and egg yolks.

Many Americans eat vitamin-D fortified foods like milk, milk products, orange juice, and cereals.



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Bone Health

Vitamin D

Most Americans do not consume enough of this particular vitamin. Did you know that vitamin D helps our bones remodel?

Vitamin D helps our bodies make sure we have normal mineralization of our bones.



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Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Nutrition for Bone Health:

Yogurt

Yogurt is a great source of calcium to keep your bones strong!

Many yogurts are also fortified with vitamin D to aid in the absorption of calcium in the bones. Not only is yogurt a great source of calcium, it is also a rich source of probiotics to keep your gut and digestion healthy!

Weekly Challenge:

Have yogurt with your breakfast today!



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Nutrition for Bone Health:

Fruit

Fruit is essential in the diet for many reasons. One of those reasons is that it contains vitamin D which helps the body absorb calcium. Citrus fruits such as oranges, grapefruit, and lemons are most abundant in vitamin D.

Adding lemon into your water is a great way to get a little more vitamin D in your diet!

Weekly Challenge:

Eat an orange or another citrus fruit as a snack!



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Nutrition for Bone Health:

Cheese

Cheese is a delicious source of both calcium and vitamin D to keep your bones strong and healthy.

Cheese is also extremely versatile and can fit into your diet in a lot of different ways. Look for low fat cheese options to get these bone benefits without adding too much saturated fat.

Weekly Challenge:

Have 3 servings of dairy each day this week!



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Nutrition and Bone Strength

Calcium and Vitamin D Foods

The older we get, the more we need to be sure we are consuming enough vitamin D and calcium—two key nutrients for bone strength. It's critical to stay diligent with these two in order to fight off conditions like osteopenia & osteoporosis. Excellent natural sources of calcium are dairy products like milk, yogurt, and cheeses.

Vitamin D can be found naturally in fish like trout and salmon, mushrooms and eggs.

Weekly Challenge:

Explore <https://ods.od.nih.gov/factsheets/list-all/> to discover food sources that work for you!

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Nutrition and Bone Strength

Fortified Foods

In addition to bone-strengthening vitamin D and calcium being found naturally in foods, they are also added to many others through a process known as fortification. Consuming fortified foods is a great way to get important nutrients while eating a wider range of foods that may not normally contain them. Foods that are fortified with vitamin D and calcium include certain cereals, breads, milk, and juices. Be sure to read the labels though.

Weekly Challenge:

Try adding one or more of these fortified foods to your diet each day.



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Nutrition and Bone Strength

Supplements

Consuming enough vitamin D and calcium is important for bones, but how much is right? For men and woman 51-70, 600 IU each day is the goal for vitamin D. This increases to 800 IU after 70. With calcium, men 51-70 should aim for at least 1,000 mg/day. Men over 70 and women over 50 should get at least 1,200 mg/day. The age-related increase of needs can make it difficult to meet goals with food alone. Supplements are another available option.

Weekly Challenge:

Consult a registered dietitian to decide if supplementation would benefit you.



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Nutrition & Bone

Beans



As you may know, beans contain calcium, magnesium, fiber and other nutrients. They are also high in substances called phytates. Phytates interfere with your body's ability to absorb the calcium that is contained in beans.

Soaking the beans in water for several hours and cooking them in fresh water can reduce the phytate level.

Weekly Challenge:

Try a recipe that contains beans in it. For example, cowboy caviar or a bean salad.



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Nutrition & Bone Health:

Meat



It is important to get enough meat, but not too much, for bone health and overall health. Not eating an adequate amount of meat may be harmful to muscles and bones. Consuming too much meat can cause the body to lose calcium. If you are on a high-protein diet, consuming dairy products is a good way to ensure your body is getting enough calcium.

Weekly Challenge:

Try consuming at least one serving of protein at each meal this week.



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Nutrition & Bone Health:

Coffee



Drinking more than three cups of coffee every day may interfere with calcium absorption and cause bone loss.

Other drinks that may decrease calcium absorption and contribute to bone loss include coffee, tea, and soft drinks, such as sodas. Limiting these drinks can help your bone health.

Weekly Challenge:

If you drink coffee, try replacing one cup of it with an alternative beverage such as water or juice.



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