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EAT WELL, AGE WELL.

HOW CAN MY DIET HELP WITH BONE HEALTH?

A nutritious diet is important at any stage life. In older adults, a nutritious diet helps preserve bone mass and strength. A healthy diet can help the recovery of injuries as well as prevent injuries.

Specific to bone health, calcium and vitamin D are important to include in the diet.

Calcium allows for the bones, nerves, and muscles in our bodies to perform at their best. Milk and other dairy products are good sources of calcium. Other good sources include broccoli, bok choy, almonds, and oranges!

Vitamin D helps the body absorb calcium from foods. This is important for a healthy immune system and muscles. Vitamin D is made in our skin in the summer months, but it is also found in food sources. Foods such as salmon, tuna, egg yolk, and any foods that have fortified vitamin D.

Try a recipe at: <https://www.iofbonehealth.org/recipes>

Source: https://www.iofbonehealth.org/sites/default/files/PDFs/good_nutrition_for_healthy_bones.pdf

WEEKLY CHALLENGES

EAT AN ORANGE

EAT SALMON OR TUNA WITH A MEAL THIS WEEK

GO FOR A WALK TO HELP MAINTAIN BONE DENSITY

TRY A NEW RECIPE RICH IN CALCIUM OR VITAMIN D TWO TIMES THIS WEEK

**DID YOU KNOW?
WEIGHT BEARING EXERCISES HELP BUILD BONE MASS AND STRENGTH.**

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. How Can My Diet Help With Bone Health?*
- Placemat/handout – Cheese and Broccoli Frittata
- Table Tent- Vitamin D
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Maple Pumpkin Spice Bars*
- Table Tent- *Food Sources of Vitamin D*

Week 3: Give out/Post

- Placemat/handouts – *Salmon and Citrus Broccoli*
- Table Tent- *Supplementing and Sources of Vitamin D*

Week 4: Give out/Post

- Placemat/handout- *Beans and Greens Salad*
- Table Tent- *Calcium Absorption*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org