



BENEFITS OF CALCIUM INTAKE

MAINTAIN BONE HEALTH WITH DIETARY INTAKE

What's important about bone health?

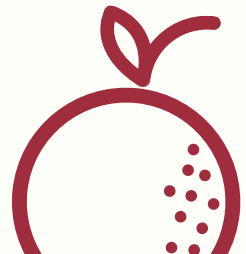
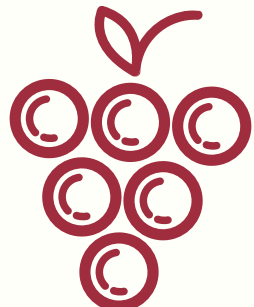
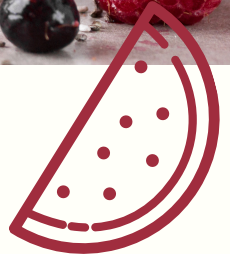
Bone health is important as we age due to its impact on our risk of falling, experiencing a bone fracture, and developing osteoporosis (a bone disease that occurs when the body loses too much bone, makes too little bone, or both). Loss of bone mass as we age is a concern because as more bone mass is lost, the risk of experiencing a fall, a fracture, or osteoporosis increase.

How do I prevent bone loss?

Bones are a living tissue and are in a constant state of turnover. Therefore, calcium needs to be consumed daily, otherwise your body will take it from your bones. If you don't get proper nutrients, your bones become less dense, weaker, and more likely to break.

How much Calcium do I need?

Aim for 1200 mg of calcium a day, ideally spread out in 300-500 mg amounts for best absorption. Drinking 1, 8-oz glass of vitamin D fortified milk or orange juice and/or eating yogurt 3-4 times a day will do the trick. If you are unable to tolerate dairy, taking a 500 mg supplement 2-3 times a day works just as well. Take with meals for best absorption.





FRUIT AND SPINACH SMOOTHIE

INGREDIENTS

- 1 c. milk of choice
- 1 c. fruit of choice (I opt for a banana and 1/2 c. frozen strawberries)
- 1/2 cup yogurt of choice
- 1 c. fresh spinach (or 1/4 c. frozen)
- 1 tbsp of flax or chia seeds



DIRECTIONS

- Add all ingredients to a blender
- Cover blender with a lid and blend for 1-2 minutes or until there are no more lumps
- Serve! Try adding some toppings (see below) for a flavor boost



TOP IT UP!

Try adding some healthful and delicious toppings like granola, coconut flakes, fresh berries, or chopped unsalted nuts like almonds or walnuts.

Source:

<https://www.nof.org/preventing-fractures/general-facts/> | <https://www.nof.org/patients/treatment/nutrition/> | <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>

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