



BENEFITS OF CALCIUM INTAKE

PREVENTING BONE LOSS WITH DIETARY INTAKE

What causes bone loss?

Bone loss occurs naturally as we age, though women experience more rapid bone loss after menopause. Smoking, taking certain medications such as steroids, and consuming too little calcium and vitamin D can all contribute to more rapid bone loss.

How to prevent bone loss

Making sure to get daily weight bearing exercise, like walking and eating plenty of foods high in nutrients that help build bone. Since calcium cannot build bones alone, getting enough vitamin D, phosphorus, and magnesium is important as well.

RDA for Calcium

Those who are 19-70 years old should aim for 1,000 mg of calcium every day. Those over the age of 70 should aim to get 1,200 mg of calcium daily. However, more is not better, the maximum daily intake is 2000 mg.

DID YOU KNOW?

Chia seeds are high in many nutrients that are great for our bones such as calcium, magnesium, and phosphorus. They also happen to be high in fiber too!

SIMPLE CHIA PUDDING



INGREDIENTS

- 1/3 c chia seeds
- 1 1/2 c milk (of choice)
- 2 tbsp maple syrup, honey, or agave
- 1/2 tsp vanilla
- Fruit and/or unsalted nuts of choice for topping

GIVE IT A TWIST!

To make it exciting, try some of the following variations or make up your own.

- Maple syrup, pears & sliced almonds (try almond milk for more of the almond flavor)
- Honey, orange segments & pistachios
- Agave syrup, toasted coconut, and banana slices (try coconut milk for a more tropical flavor)

DIRECTIONS

- Combine all ingredients (except fruit) in a container
- Cover the container and shake well
- Chill for about 1 hr and then shake again
- Chill for another 4 hrs or overnight. The consistency will be similar to applesauce
- Serve with sliced fruit or toasted nuts

Source:

<https://www.nof.org/patients/treatment/nutrition/> | <https://ods.od.nih.gov/factsheets/Calcium-Consumer/> | <https://www.nof.org/preventing-fractures/general-facts/> | Eat Well Cookbook by Mikayla Lenz at GWAAR

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