

BENEFITS OF CALCIUM INTAKE

PREVENTING OSTEOPENIA WITH DIETARY INTAKE

What is Osteopenia?

Osteopenia is the loss of bone mass that can lead to osteoporosis, bone fractures, and increase the risk of falling.

Who is at risk?

Women who have gone through menopause are at a much higher risk of developing osteopenia. However, there are other risk factors for developing osteopenia such as being **older than 50**, **smoking**, and consuming too little calcium and vitamin D.

How to prevent Osteopenia

Bones store more than 99% of the calcium in your body! Older adults need more calcium and vitamin D to help maintain bone health. To meet these needs, aim for 3 servings of calcium-rich foods and beverages each day. Sources of calcium include low-fat dairy products, fortified cereals and fruit juices, dark leafy vegetables, canned fish with soft bones, and fortified plant-based beverages. Good sources of vitamin D include fatty fish (such as salmon), eggs, and fortified foods and beverages. If opting for a calcium supplement, make sure it contains vitamin D.



BLACK BEANS AND RICE



INGREDIENTS

- 1/2 cup brown rice
- 1 cup water
- 1 can no salt black beans (~12 oz)
- 1 tsp cumin
- 1 fresh lime or lime juice to taste
- 2 tsp fresh cilantro or 1/2 tsp of dried cilantro (optional)

DIRECTIONS

- Add dry rice to a medium pot. Add water, place lid on top, and bring to a boil
- Reduce heat to low and let simmer until water is absorbed and rice is soft
- Remove rice from heat and set aside
- Drain and rinse the canned beans
- Cook beans in a small pot for 5-10 minutes on medium heat
- Add cumin and cilantro to the rice and stir
- Serve black beans over the rice and squeeze lime juice on top

SPICE IT UP!

If you opt for dried cilantro instead of fresh, try adding it to the rice while it is cooking. As the herb rehydrates, it will release more flavor into the rice giving you that fresh cilantro taste.

Sources:

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

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