7 Great Bone Builders

1. **Do Weight Bearing Exercises**

   **EXAMPLES:**
   jogging, walking, aerobics, jump roping, & weight lifting

2. **Eat Calcium-Rich Foods** (3-4 servings every day)

   **EXAMPLES:**

<table>
<thead>
<tr>
<th>All milk products*</th>
<th>Other foods</th>
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<tbody>
<tr>
<td>• 1% (or less) milk</td>
<td>• calcium fortified orange juice</td>
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<tr>
<td>• low fat cheese</td>
<td>• calcium fortified tofu, soy milk, or rice milk</td>
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<td>• low fat yogurt</td>
<td>• canned sardines and salmon (with bones)</td>
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<td>• low fat ice cream</td>
<td>• dark green veggies (broccoli, collard greens, kale)</td>
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<tr>
<td>• low fat pudding</td>
<td>• beans &amp; corn tortillas</td>
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   • almonds, dried figs, rhubarb, oranges
   • calcium fortified breakfast cereals (Total, Basic 4, Just Right, Special K, and others)
   • calcium fortified cereal bars (NutriGrain) and sports bars (Clif bars, Luna bars, Power bars, etc.)

   **NOTE:** If milk products seem to cause bloating, cramping, or diarrhea, you may be intolerant to lactose (i.e. milk sugar).
   ✓ In this case, try “Lactaid” milk, yogurt, or cheese. These are usually well tolerated by people with lactose intolerance.
   ✓ Alternatively, try drinking/eating smaller quantities of milk products at one time (e.g. no more than 1/2 cup to 1 cup of milk per meal).

3. **Get Enough Vitamin D**

   **HOW?**
   Be active in the sun for 30 minutes every day.
   Drink vitamin D fortified milk or orange juice.
   Take a daily multi-vitamin with 400 IU of vitamin D.
4. **Maintain a Healthy Weight**

**WHY?** Being underweight increases your risk of bone disease. Further, young women who stop menstruating (due to restrictive dieting, compulsive exercise, and/or low body fat stores) have low levels of estrogen, a hormone that protects the bone.

5. **Don’t Smoke. Don’t Drink Alcohol.**

6. **Go Easy on Caffeinated Beverages.**

**Examples:** coffee, tea, and colas

7. **Consider a Calcium Supplement**

**WHO?** People unable to meet the recommended dietary intake (RDA) with food and beverages alone.

**WHAT ARE THE RDAs?**

- Adolescents 9-18 years old: 1300 mg
- Adults 19-50 years old: 1000 mg
- Adults over 50 years: 1200 mg
- Women who are not menstruating: 1500 mg

**TIPS FOR CHOOSING & TAKING A CALCIUM SUPPLEMENT**

- Avoid supplements with bone meal, dolomite, or oyster shell. These may be contaminated with toxic substances such as lead, mercury, and arsenic.
- Look for a supplement with calcium citrate. These are well-absorbed and usually cause the least gastrointestinal upset.
- Choose a product that has met quality standards and displays a seal of approval by one of the following organizations: ConsumerLab.com, USP, or NSF.
- In calculating your supplement needs, don’t forget to allow for the calcium in your foods and beverages. Too much calcium (>2500 mg/day) can have negative effects.
- To optimize absorption, don’t take more than 500 mg of calcium at one time.
- Avoid taking calcium at the same time as a supplement with iron. Calcium and iron compete for absorption.