

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:

All milk products*	Other foods
<ul style="list-style-type: none">• 1% (or less) milk• low fat cheese• low fat yogurt• low fat ice cream• low fat pudding	<ul style="list-style-type: none">• calcium fortified orange juice• calcium fortified tofu, soy milk, or rice milk• canned sardines and salmon (with bones)• dark green veggies (broccoli, collard greens, kale)• beans & corn tortillas• 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?

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|----------------------------------|---------|
| • 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.