

EATING FOR HEALTHY BONES

Other dietary factors which increase the rate of bone loss

Protein

Too much protein particularly from animal sources e.g. meat, fish and cheese may upset acid balance within the body.

Caffeine

Limit caffeine containing drinks to 4-5 cups/day. These include coffee, tea, cola and caffeine containing energy drinks. Try decaffeinated tea, coffee, herbal teas or water.

“Cola” drinks including diet varieties contain phosphoric acid.

Salt

Try to reduce the amount of salty foods you eat and avoid adding salt when cooking or at the table. Processed foods and ready meals often contain high amounts of salt, so check the label. Government guidelines recommend a maximum salt intake of 6g/day for adults.

Alcohol

Government guidelines for maximum daily alcohol intake
Women – up to 2-3 units
Men – up to 3-4 units

Units of alcohol	Type of drink
1	½ pint of standard strength (3-5% ABV) of beer, lager or cider.
1	Pub measure of spirits
2	150ml glass of wine
1.5	1 alcopop

WHAT KIND OF DIET

Eating a wide variety of foods including fruit and vegetables will be beneficial for the health of your bones and will provide you with the nutrients you need to stay well.

For more information www.eatwell.gov.uk

HOW MUCH CALCIUM?

Recommended daily calcium intakes for healthy individuals:

	<u>Calcium</u> <u>Milligrams (mg)</u>
Infants 0-12 months	525
Children 1-3 years	350
4-6 years	450
7-10 years	550
Boys 11-18 years	1000
Girls 11-18 years	800
Adults 19+ years	700
Pregnancy	700
Breastfeeding	1250
Those with osteoporosis/osteopaenia	1200
Adult with Coeliac Disease up to 55 yrs	1000
Adult with Coeliac Disease 55 yrs +	1200

Vitamin D

Vitamin D is needed to help your body to absorb calcium. Vitamin D is made in the skin when it is exposed to sunlight. If you are housebound or cover up the majority of your skin with clothing, ensure that you eat foods rich in vitamin D such as oily fish (e.g. pilchards, sardines, mackerel, fresh tuna, salmon, trout), margarine, eggs, fortified breakfast cereal and cod liver oil.

USE THIS LIST AS A GUIDE TO THE CALCIUM CONTENT OF FOOD.

	Calcium content (mg)		Calcium Content (mg)
Glass of milk (200ml/1/3 pint) Whole, semi -skimmed, skimmed milk or soya milk with added calcium	250	15g Almonds	40
		15g Brazil nuts (5)	30
		15g Walnuts (6 x 1/2 walnuts)	15
100g yoghurt	120	25g Apricots (3)	20
100g fromage frais	90	25g Currants (1 tablespoon)	20
100g Custard or rice pudding	90	25g Figs (3)	60
30g cheddar type cheese (matchbox size)	210	1 fresh orange	50
100g Cottage cheese	130	Spinach 80g	130
2 slices white bread	70	Spring Greens 80g	60
2 slices wholemeal bread	40	Watercress 50g	85
1 slice pizza (100g)	180		
Gluten free bread – check label		Unfiltered tap water in hard areas contains up to 300mg/litre.	
Tinned sardines – with bones 100g	460		
Tinned pilchards – with bones 100g	250		
Tinned salmon – with bones 100g	90		
Small can baked beans	80		
Red kidney beans (100g)	70		
Steamed Tofu (100g)	510		
Sesame seed (1 tablesoon)	80		
Tahini (sesame paste) (1 tablespoon)	220		

Supplements of Calcium and Vitamin D are available if you are unable to eat sufficient within your diet. Do not exceed recommended intake.

DIET AND BONE HEALTH

A varied diet which includes good sources of calcium is vital for growing bones and teeth. Just like skin and muscle, bone is a living tissue that is constantly being renewed and replaced. Osteoporosis develops when bones are not strong enough to withstand the normal bone losses that occur from middle age onwards. The bones become weak and brittle and are more likely to fracture.

People at most risk of developing osteoporosis include:

- Post-menopausal women
- The elderly
- Those using long term steroid medication or chemotherapy
- The physically disabled or bedbound
- People with conditions which affect the absorption of nutrients including Coeliac Disease and Crohn's Disease.
- People with low body weight. BMI less than 19.

WHAT CAN I DO?

These guidelines may help reduce your risk of developing osteoporosis, or slow the progress of the condition if it has already developed:

- Eat a balanced diet. Include enough Calcium containing foods.
- Maintain a healthy weight for your height – people who are underweight lose bone more quickly.
- Regular weight-bearing exercise, e.g. walking or jogging, is essential for building and maintaining strong bones except if you are very underweight. Try to include 30 minutes of moderate activity five days per week.
- Avoid smoking – this increases bone loss.
- *If you have coeliac disease, keep to a strict gluten-free diet.*

EASY WAYS TO BOOST YOUR CALCIUM INTAKE

Meal and snack ideas	Calcium content (mg)
Cereal + 200ml cow's milk or fortified soya milk	250
150 g Yogurt + banana	180
Muesli + 200ml milk+ dried fruit + nuts	290
Pasta with 80g spinach	130
100g Tofu + vegetable stir fry	510
Jacket potato +baked beans + cheese	290
Cheese + tomato sandwich	250
Beans on 2 slices of white toast	150
1 tbsp. tahini on toast	250
Sardines on toast	500
<u>Snacks</u>	
Dried fruit –small box	20
Nuts e.g. 5 Brazil nuts	30
Fromage frais (1small)	40
Orange	50
Glass of milk or milky coffee	250

Further information:

National Osteoporosis Society www.nos.org.uk

Eat Well www.eatwell.gov.uk

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