

Eating well

FOR
HEALTHY
BONES

Eating well is easy! Just be sure to include foods from each of the four food groups in your diet on a daily basis:*

- Vegetables and Fruit
- Milk and Alternatives
- Grain Products
- Meat and Alternatives

* To find out how many servings are recommended for you, consult *Canada's Food Guide*. For a copy, call 1 866 225-0709 or visit www.hc-sc.gc.ca.

A balanced and varied diet gives you the nutrients you need, including **calcium** and **vitamin D**—a winning combination for strong bones at any age.



● ● TAKE THE TEST Am I getting enough calcium?

For each food, indicate the number of servings you had **yesterday**, and then calculate your daily total.

FOOD ITEM	SERVINGS	CALCIUM CONTENT
● 250 mL (1 cup) milk	<input type="text"/> servings x 300 mg	<input type="text"/> mg
● 250 mL (1 cup) fortified soy milk	<input type="text"/> servings x 300 mg	<input type="text"/> mg
● 40 g or one 4 cm cube of cheese	<input type="text"/> servings x 300 mg	<input type="text"/> mg
● 175 mL (¾ cup) or two 100 g single servings of yogurt	<input type="text"/> servings x 300 mg	<input type="text"/> mg
● 250 mL (1 cup) fortified juice	<input type="text"/> servings x 300 mg	<input type="text"/> mg
● 75 g canned salmon or sardines , with bones	<input type="text"/> servings x 300 mg	<input type="text"/> mg
● 100 g tofu with calcium sulfate	<input type="text"/> servings x 200 mg	<input type="text"/> mg
● Average intake from other foods		+ 300 mg
Daily total →		<input type="text"/> mg

Read the label

Product labels indicate the % Daily Value (% DV) of calcium, not the actual amount in milligrams (mg). One percent (1%) equals roughly 10 mg of calcium. For example, if the Nutrition Facts table indicates 15% for one serving, it means that one serving contains roughly 150 mg of calcium. Whenever possible, opt for foods with high percentages of calcium!

● ● How much calcium is enough?

The amount of calcium you need per day depends on your age.

AGE	DAILY CALCIUM REQUIREMENT
19–49 years	1,000 mg
50 years and over	1,200 mg

Source: Osteoporosis Canada (2011). "Calcium Requirements." www.osteoporosis.ca



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WITH THE SUPPORT OF:



●● Vitamin D and calcium— ●● a winning combo for bones

Vitamin D promotes calcium absorption and helps bind it to the bones. It also plays a key role in preventing falls. The amount of vitamin D required varies according to age.

AGE	DAILY VITAMIN D REQUIREMENT
1–70 years	600 International Units (IU)
71 years and over	800 International Units (IU)

Daily doses above 4,000 IU require medical supervision.

Source: Health Canada (2010). "Vitamin D and Calcium: Updated Dietary Reference Intakes." www.hc-sc.gc.ca

If you're over age 50, depending on your risk of fracture, your doctor may, as recommended by Osteoporosis Canada (2010), prescribe higher doses than those recommended for the general population in this table.

GOOD TO KNOW

The percentage (%) of vitamin D indicated on food labels does not reflect current recommendations since it is based on a daily intake of 200 IU.

●● Where can I get vitamin D?

From **May to September**, you can get 1,000 IU of vitamin D just by exposing your face, arms, and legs to 15 minutes of **sunlight** (without sunscreen), between 11 a.m. and 2 p.m. Be careful—any more poses a health risk!

The best **dietary sources** of vitamin D are fatty fish (salmon, sardines, mackerel, etc.), milk, soy milk, and fortified juice. Some yogurts contain vitamin D. It is also found in eggs, liver, and margarine.



What about supplements?

Depending on your eating habits and the amount of sunlight you are exposed to, you may need to take vitamin D supplements, especially from October to April.

Before taking supplements, be sure to talk with a health-care professional to help you make choices that are right for you. Recent studies show, for example, that for certain individuals, calcium supplements could pose a health risk to the heart. That's why it is important to follow dosage recommendations.

●● PUT THEORY INTO PRACTICE

●● Useful tips

Here are a few ideas for a menu rich in calcium and vitamin D.

BREAKFAST

- Cook your oatmeal in **milk**.
- Spread **ricotta cheese** and honey or **almond** or **nut butter** on your toast.



- Whip up a smoothie with **milk**, **yogurt**, **fortified juice**, and fruit.

- Try adding **milk** or **soy milk** to your coffee or tea instead of taking it black.

LUNCH AND DINNER

- Make pies or sandwiches with canned **salmon**. Be sure to include the bones—they're rich in calcium.
- Garnish your salads with **mackerel** or **sardines**.
- Grate some **cheese** over your dishes and brown them under the broiler.
- Pair up **eggs** with **dairy products** to make cheese omelettes, quiches, and hard-boiled eggs topped with béchamel sauce—and more!



●● What if . . .

"I don't like milk."

- Sweeten things up by adding a splash of chocolate milk to your glass of milk.
- Sneak some milk into your soups, sauces, and desserts.

"I'm lactose intolerant."

- Try mixing milk with other foods or drinking it in small amounts.
- Opt for yogurt and cheese—they can be easier to digest than milk.
- Try fortified soy or lactose-free milk, yogurt, and cheese.
- Ask your pharmacist about drops and tablets that can help you digest lactose.

●● Go easy on your bones!

Don't go overboard on **salty foods**, **coffee**, **alcohol**, and **pop**—for your bones' sake and for plenty of other reasons.