

Keeping Bones Healthy

Q. Why do I have to worry now about my bones?

A. Eight out of ten girls and young women don't get enough calcium in their diet to build bones. This may lead to brittle bones and fractures later in life.

Q. What happens when you don't get enough calcium?

A. Most of your body's calcium is stored in your bones. A small amount is used for muscle contraction and blood clotting. When you don't have enough calcium for these functions, your body takes calcium from your bones. Over time this can leave your bones pitted, brittle, and easy to break. Another sign of too little calcium is tooth loss and thinning of the tooth-supporting bone during mid-life.

Q. What is osteoporosis?

A. Osteoporosis, the brittle-bone disease, can develop from long-term damage done to your bones by a lack of calcium. Unfortunately it is not easily detected. When it becomes apparent (shrinking, stooping, fractures), it's usually too late to do anything.

Q. How can I increase calcium in my diet?

A. If you are between the ages of 11 and 25 years old, pregnant or breastfeeding, you need 1200 mg. of calcium each day. Adult women need 1000 mg. If you are over 50 and not taking estrogen, you need 1500 mg. You can get this from the food you eat and from calcium supplements. Foods like skim milk, yogurt, cheese, leafy green vegetables, tofu, or calcium fortified orange juice are high in calcium. The daily value of 400-800 IU of vitamin D is important in the absorption of calcium. You can get what you need from Vitamin D fortified milk, a multivitamin, or 15 minutes of sunshine or from Vitamin D supplements.

Q. Do I need supplements?

A. If you can't get enough calcium and Vitamin D in your diet, you may need to take supplements. Some suggestions for calcium: Tums 500 Calcium Supplement, Caltrate, Citracal, and One-A-Day Calcium Plus. Take these according to label directions. Some suggestions for Vitamin D are individual Vitamin D pills or a multivitamin tablet with Vitamin D. If you are on a progesterone only form of contraception, such as Depo-Provera, you need a calcium and a Vitamin D supplement.

Q. What else can I do to keep my bones healthy?

A. Stop smoking and limit or avoid alcohol and caffeine. These can interfere with your body's ability to absorb calcium. **Exercise**, especially weight-bearing exercises, will help to build bone. These include, walking, jogging, tennis, and step aerobics. **Some studies have shown that the birth control method, Depo-Provera, can cause bone loss.** This may be reversed with a good diet, an adequate intake of calcium, and weight bearing exercises, and when the Depo-Provera is stopped.

Food Item	Serving	Calcium (mg)	Cholesterol (mg)	Fat (g)	Calories
Dairy Products					
Milk, whole	8 oz	291	33	8	150
2%	8 oz	297	18	5	121
1%	8 oz	300	10	3	102
skim	8 oz	352	5	trace	85
chocolate	8 oz	284	17	5	179
Coca (whole milk)	8 oz	298	33	9	218
Goat milk	8 oz	326	28	10	168
Buttermilk	8 oz	285	9	2	100
Shake, chocolate	10 oz	396	32	8	356
vanilla	11 oz	457	37	9	350
Eggnog	8 oz	330	149	19	342
Yogurt (with added milk solids)					
Plain	8 oz	274	29	7	139
Plain, low-fat	8 oz	415	14	4	145
Fruit, low-fat	8 oz	314	10	2	225
Coffee or vanilla, low-fat	8 oz	389	11	3	194
Frozen, fruit	8 oz	240	18	2	216
Frozen, chocolate	8 oz	160	17	5	220
Cheese					
Mozzarella, part skim	1 oz	207	15	5	80
Muenster	1 oz	203	27	9	105
Cheddar	1 oz	204	30	9	115
shredded	1 cup	815	119	37	455
Swiss	1 oz	272	26	8	95
American	1 oz	174	27	9	105
Ricotta, part skim	1 cup	669	76	19	340
Cottage, low-fat (2%)	1 cup	155	19	4	205
Frozen Desserts					
Ice Cream, vanilla, hard (11% fat)	1 cup	176	59	14	270
Frozen Custard	1 cup	236	153	23	375
Ice Milk, vanilla, hard (4% fat)	1 cup	176	18	6	185
Soft Serve vanilla (3% fat)	1 cup	274	13	5	225
Sherbet (2% fat)	1 cup	103	14	4	270
Fish and Shellfish					
Sardines, canned in oil (with bones)	3 oz	371	85	9	175
Salmon, canned (pink) (with bones)	3 oz	167	34	5	120
Shrimp, canned, drained	3 oz	98	128	1	100
Oysters, fresh, raw, (13-19 med.)	1 cup	226	120	4	160
Vegetables					
Broccoli, cooked, drained from raw	1 cup	71	0	trace	45
Broccoli, cooked, drained from frozen	1 cup	94	0	trace	50
Collards, cooked, drained from raw	1 cup	148	0	trace	25
Collards, cooked, drained from frozen	1 cup	357	0	1	60
Kale, cooked, drained from frozen	1 cup	179	0	1	40
Turnip Greens, Cooked, drained from frozen	1 cup	249	0	1	50
Soybeans, cooked, drained	1 cup	131	0	10	235
Soy Products					
Tofu, piece 2.5" x 2.75" x 1"		108	0	5	85
Nuts					
Almonds, whole	1 oz	75	0	15	165
Brazil nuts, shelled	1 oz	50	0	19	185
Peanuts, roasted in oil, salted	1 oz	24	0	8	165