

... MAY 2010 ...

QUICK TAKES



OSTEOPOROSIS

- Osteoporosis is a condition in which bones have become so fragile and weak that they can fracture under even mild stress. If it's a hip or the spine, permanent disability may result.
- 24 million Americans have this "brittle-bone" disease, but diet, exercise and healthy habits can lower the risk.
- Getting adequate calcium and vitamin D throughout life may decrease the risk.
- Weight-bearing exercise, such as walking, stimulates bone growth and prevents bone loss throughout life.
- Smoking and excessive dieting also increase risk.

Boosting Your Calcium

Calcium plays an important role in building your bones and keeping them strong. It's also key for nerve and muscle function and in blood clotting. Most Americans don't get enough calcium in their diets. When you don't consume enough, your body will take calcium from your bones for all its needs.

The recommended daily intake of calcium for adults between 19 and 50 is 1,000 mg. Adults over the age of 50 should get 1,200mg of calcium daily.

To make sure you're getting enough calcium, aim for three calcium-rich foods or beverages every day: nonfat milk or yogurt, tofu, calcium-fortified soymilk or calcium-fortified orange juice.

The first step is to familiarize yourself with the calcium content of common foods using the chart below, then check out the calcium-rich menus.

How to Get Enough Calcium	
FOOD	CALCIUM (MG)
Nonfat yogurt, 1 cup	450
Sardines (with bones), 3 oz.	370
Shrimp, cooked, 3 oz.	320
Low-fat (1 percent) or nonfat milk, 1 cup	300
Calcium-fortified orange juice, 1 cup	300
Calcium-fortified soy milk, 1 cup	300
Tofu, firm, 1 cup	260
Calcium-fortified cottage cheese, 1/2 cup	200
Collard greens, kale or broccoli, 1 cup, cooked	100
Pinto beans, canned, 1 cup	90
Chickpeas, canned, 1 cup	78
Almonds, 1 oz.	75

How to Plan a Calcium-Rich Menu

Here's an example of a day's meals that adds up to approximately 1,300mg:

Breakfast

8 oz. low-fat milk, fortified soy milk, or yogurt (300-450mg) ; 2 oz. calcium-fortified cereal (250mg) **Breakfast subtotal:** At least 550mg. Other choices: 8 oz. fortified orange or grapefruit juice (300mg); 1/2 cup cottage cheese (200mg) with fruit; egg-white omelet with 1 oz. fat-free or low-fat shredded cheese (200-270mg)

Lunch

1 slice low-fat Swiss cheese (270mg) added to any sandwich, or, pita topped with 1 oz. low-fat or fat-free mozzarella cheese (207mg) and 1/2 cup cooked spinach (140mg). **Lunch subtotal:** At least 270mg. **Running total:** at least 820mg.

Dinner

1 cup diced tofu (processed with calcium sulfate) (260mg), stir-fried with 1/2 cup bok choy (80mg), 1 cup broccoli (72mg), and red pepper strips served over rice; or 3 oz. canned pink salmon (180mg), baked potato, and 1/2 cup any cooked greens (mustard, collard, kale, Swiss chard - about 100mg); **Dinner subtotal:** At least 280mg. **Running total:** 1,100mg.

Snacks/Desserts

3/4 cup pudding made with low-fat milk or calcium-fortified soy milk (200mg); or 8 oz. low-fat chocolate milk (290mg) **Snacks subtotal:** At least 200mg. **Grand total:** At least 1,300mg.

Vitamin D

Vitamin D plays an important role in bone health by helping your body to absorb calcium.

Our bodies make vitamin D from UV rays from the sun with just 15 minutes of sun exposure during the summer and winter months in southern climates.



However, from November to February, in latitudes at or above 42 degrees (Boston, Chicago, Portland, Ore.), sunlight is too weak for adequate vitamin D production so it becomes important to get vitamin D through your diet.

The following are good food sources of vitamin D:

- Fortified low-fat or fat-free milk
- Fortified breakfast cereals
- Fish, especially fatty fish

The National Osteoporosis Foundation recommends that adults age 19-50 get 400-800 International Units (IU) of vitamin D a day. People over age 50 are recommended to get 800-1,000 IU.

Physical Activity



Strength training preserves bone.

After age 35, women lose approximately half a percent of their bone mass each year.

That rate doubles, and may even quadruple, after menopause.

Bone loss at this rate can lead to osteoporosis -- in fact, one of every two women over age 50 will suffer a bone fracture as a result of osteoporosis. But a study at Tufts University's Center on Aging found that women who participated in strength training not only stopped losing bone density, but actually *gained* bone mass over a year's time. Those who skipped strength training lost about 2 percent of their bone density during the same period. More than two dozen other studies support these results.

Weight-bearing exercises will also help your bones stay strong. Jogging, walking, dancing and using the elliptical machine are all examples of weight-bearing exercise where your body is working against gravity to hold you up.

Salmon Patties Makes: 4 servings

These are definitely not your grandmother's salmon patties. Lime juice, soy sauce and sesame oil add a Southeast Asian flair and water chestnuts contribute a delightful crunch. You can count on the canned salmon to supply 180 mg of calcium. Serve with stir-fried bok choy or Swiss chard for even more calcium.

Ingredients

1 ½ cups (3 oz/120 g) fresh breadcrumbs
two 7 ½ -ounce (225-g) cans salmon, drained
8 -ounce (240-g) can water chestnuts, drained and chopped
1/3 cup (1 oz/30 g) finely chopped green onion
¼ cup (1/4 oz/7 g) coarsely chopped fresh cilantro or parsley
1 tablespoon fresh lime juice
2 teaspoons reduced-sodium soy sauce
½ teaspoon sesame oil
1 large egg
1 large egg white
No-stick cooking spray

Preparation

1. In a medium bowl, combine breadcrumbs, salmon, water chestnuts, green onions, cilantro, lime juice, soy sauce, sesame oil, egg and egg white. Cover and chill for 30 minutes.
2. Divide the chilled salmon mixture into 8 equal portions, shaping each into a 1/2-inch-thick (1.25-cm-thick) patty.
3. Spray a large, heavy skillet with cooking spray and place over medium heat. When the skillet is hot, add patties and cook for 4 to 5 minutes on each side or until lightly browned and cooked through.



Nutritional info / serving

253 calories
9 g fat
1.5 g saturated fat
22 g protein
22 g carbohydrate
4 g fiber
776 mg sodium