Current Recommendations

Calcium:

<70: 1000 mg

>70: 1200 mg

Vitamin D:

<70: 400-800 IU

>70: 800-1000 IU

Note: This amount is what should be provided by supplements and food sources every day.

To Find a Dietician Near You Visit EATRIGHT.ORG

For more information on Osteoporosis visit:
www.nof.org

Men's Bone Health:
Osteoporosis

Nutrition Guidelines:
Calcium and Vitamin D

Increasing Calcium

Good Sources of Calcium Include:

- Milk

- Cheese

- Yogurt

- Fortified cereals

- Fortified orange juice

- Broccoli

- Almonds

Osteoporosis

Osteoporosis is caused when your bones weaken. This can be caused by bones getting weaker with age or occasionally by reduced testosterone levels that occur with aging.

Generally you will not know you have osteoporosis until you fracture a bone.

There are no treatment options that cure osteoporosis. However, there are many that help to strengthen bone and decrease the speed of bone loss.

The best thing to do is keep your bones healthy throughout your life by getting enough calcium and vitamin D. This is true of any age.

Nutrition Tips:

- Increase your dairy consumption by eating foods such as milk, cheese, and yogurt Make sure to get a serving of dairy with every meal
- If you are lactose intolerant try products with lactaid in them, try different types of cheese, or try other foods high in calcium
- Eat more foods that are fortified with vitamin D
- If you have been through menopause, consider taking a calcium and vitamin D supplement

Current Recommendations

Calcium:
   Premenopausal: 1000 mg
   Postmenopausal: 1200 mg

Vitamin D:
   Premenopausal: 400-800 IU
   Postmenopausal: 800-1000 IU

Note: This amount is what should be provided by supplements and foods sources every day.

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*For more information on
osteoporosis visit:
www.nof.org*

Women's Bone Health:

Osteoporosis

Nutrition Guidelines

Calcium and Vitamin D

Increasing Calcium

Good Source of Calcium Include:

- Milk
- Cheese
- Yogurt
- Fortified cereal
- Fortified orange juice
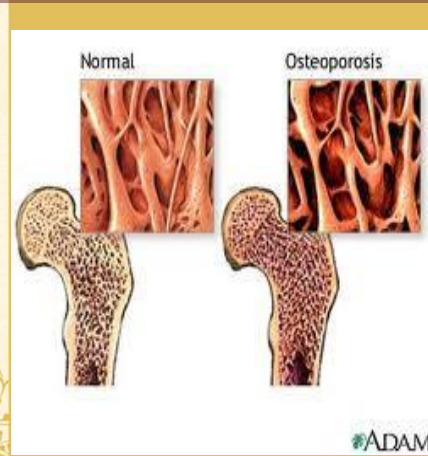- Broccoli
- Almonds

Osteoporosis

Osteoporosis is caused when your bones weaken. This can be caused by decreased estrogen after menopause or changes that occur as the body ages.

Generally you will not know you have osteoporosis until you fracture a bone.

There are no treatment options that cure osteoporosis. However, there are many that help to strengthen bone and decrease the speed of bone loss.

The best thing to do is keep your bones healthy throughout your life by getting enough calcium and vitamin D. This is true of any age.

- Increase your dairy consumption by eating foods such as milk, cheese, and yogurt Make sure to get a serving of dairy with every meal

- If you are lactose intolerant try products with lactaid in them, try different types of cheese, or try other foods high in calcium

- Eat more foods that are fortified with vitamin D

- If you have been through menopause, consider taking a calcium and vitamin D