

NUTRITION TO GO



Osteopenia



What is osteopenia?

Osteopenia occurs when the body breaks down bone faster than it makes new bone. People who are more at risk for getting osteopenia are older adults, women over the age of 50, and people with a family history of the condition.



Osteopenia may be related to:

- Not eating or drinking enough calcium or vitamin D
- Drinking a lot of soda or high sugar drinks
- Not doing weight-bearing exercises that help build muscle and bones
- Too much alcohol and smoking
- Other diseases



How can you prevent osteopenia?

- Exercise including weight-bearing exercises or using resistance bands
- Eat foods high in calcium
- Get vitamin D from the sun and food
- Take calcium and vitamin D supplements as recommended by your doctor or dietitian
- Ask your doctor if any of your medications affect your bone health
- Limit the amount of alcohol you drink
- Do not smoke
- Avoid soda and high sugar drinks



Check out the back for
a list of foods high in
calcium and vitamin D!

How can you get more calcium and vitamin D in your diet?

To increase calcium and vitamin D intake, try eating more of the foods below. These can be foods that naturally have calcium or vitamin D or are fortified with calcium or vitamin D. **Fortified** means that calcium or vitamin D is added to that food that may not naturally contain them. If you do not think you are getting enough calcium or vitamin D from food, ask your doctor or dietitian if you should add a supplement.

Food that have calcium:

- ✓ Milk, cheese and yogurt have the most calcium
- ✓ Spinach, kale, soybeans, white beans, and some fish are other food items that contain calcium
- ✓ Some foods are fortified, such as orange juice, oatmeal, and breakfast cereal



Foods that have vitamin D:

- ✓ Tuna fish
- ✓ Cheese
- ✓ Egg yolks
- ✓ Foods fortified with vitamin D, such as some dairy products, orange juice, soy milk, and cereals



You can also get vitamin D from the sun!

Plain Yogurt Parfait

Makes 1 parfait
Cost: \$1.09 per serving

Ingredients:
1 cup low fat plain yogurt
½ cup chopped fruit (berries, banana, or peaches)
¼ cup whole grain cereal



Prep time: 5 minutes
Cook time: 0 minutes

Directions:
1. In a small cup, spoon in half of the yogurt. Layer half of the fruit in next.
2. Spoon in the rest of the yogurt, then the rest of the fruit.
3. Top with the cereal.
Enjoy!

Packed with calcium and fortified with vitamin D!

Nutrition Facts

1 servings per container	
Serving size	1
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 338mg	25%
Iron 3mg	15%
Potassium 92mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.