

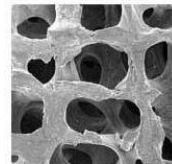
Building Blocks for Strong Bones

Getting to Know your Bones

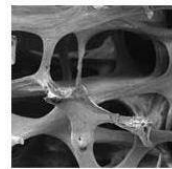
Imagine a sponge. A brand new sponge has small pores and a sturdy rectangular structure. When this sponge gets old, it becomes less sturdy and has bigger pores from wear and tear. Your bones have a similar structure.

When your bones are healthy, they have a high bone density. This means that your bones are dense, and the pores inside its structure are very small. This type of bone is strong and able to support your body and its daily activities. As you age, your bones may become less dense and the pores become bigger. This type of bone is more brittle and gives you a higher risk of getting broken bones.

One easy way to keep your bones strong and healthy is through the foods you eat.



Healthy Bone



Osteoporosis Bone

Calcium

Calcium is a major mineral in your bones. Getting enough calcium from your diet can help prevent your bones from losing its density. Here are some foods that are high in calcium:



- Milk and fortified milk beverages (soy milk, rice milk, almond milk, oat milk, hemp and flax beverages)
- Fortified orange juice
- Yogurt, all types
- Cheese, all types
- Canned fish with bones (sardines, salmon, mackerel, anchovies)
- Tofu (medium firm to extra firm types)

Your calcium needs depend on your age and gender. Speak with your nurse practitioner or the registered dietitian to see if you are getting enough calcium. In the mean time, check out the next page for tips to boost your calcium intake.

Vitamin D

Vitamin D helps your body use and absorb calcium for healthy bones. In Canada, you can get vitamin D from sunlight during the summer months. In addition, here are some foods that are high in vitamin D:

- Milk and other fortified dairy products (soy milk, rice milk, almond milk, oat milk, yogurt, flax beverage)
- Fortified orange juice
- Fatty fish (salmon, eel, herring, snapper, whitefish, mackerel, trout, sardines, halibut, tuna)
- Egg yolk
- Fortified cereals
- Cod liver oil, margarine



Your vitamin D needs also depend on your age and gender. It may be hard to get enough vitamin D from food alone. Speak with your nurse practitioner or the registered dietitian to see if you are getting enough vitamin D.

RECIPE OF THE MONTH

December 2012

Ideas for a Calcium Boost!

For snacks:

1. Have milk or other fortified beverages with snacks.
2. Use yogurt as a veggie dip – mix 3 parts yogurt, 1 part mayonnaise, and herbs (parsley, dill) to taste.
3. Make smoothies by blending milk or yogurt, with frozen fruit.
4. Create a yogurt parfait by layering yogurt, granola and fruit
5. Blend together 2 parts yogurt and 1 part fruit. Freeze overnight in popsicle moulds for a treat!
6. Bake your own crispy veggie fries dipped in egg and breadcrumbs mixed with feta cheese. (Substitute veggies with firm tofu strips for more even more calcium!)
7. Cut up a tortilla into small triangles and bake your own tortilla chips. Melt cheese on top.
8. Have a fruit with a small block of hard cheese or a low fat cottage cheese.



For meals:

1. Have milk or other fortified beverages with meals.
2. Mix canned salmon (or other fish on previous page) with bones, small amount of mayonnaise and dill to taste. Use as filling for sandwiches, wraps or in pocket pitas.
3. Make your own honey mustard dip or dressing for side dishes and salads – mix 3 parts Greek yogurt, 1 part deli mustard, and honey to taste.
4. Choose custards, puddings, yogurt or tofu desserts as the treat after a meal.
5. Add and melt cheese in pasta dishes, casseroles, eggs and omelettes, and vegetables.
6. Make homemade soups with milk instead of water.
7. Add shredded cheese in wraps, sandwiches, and homemade pizzas.
8. Make homemade stir-fries with cut-up strips of firm tofu, vegetables and a lean meat.

