

Courtesy of Genesys Health System

Your bones are constantly rebuilding and your need for calcium and dairy products never ends. Some bone loss is natural for men and women as they get on in years, but severe loss of bone material is OSTEOPOROSIS. Osteoporosis is a debilitating and painful disease. It causes deformed, weak bones, “Dowager Hump” and fractures that heal very slowly. The good news, though, is that it may be PREVENTABLE.

First, are you at high-risk for getting osteoporosis?

Yes No

- ___ ___ You are a white, fair, small boned woman?
- ___ ___ You have no exercise routine?
- ___ ___ You experienced early menopause (naturally or because of surgery)?
- ___ ___ You smoke, drink alcohol, or have more than five caffeine products daily?
- ___ ___ Women in your family have “shrunk” more than 1 inch after menopause and/or have been diagnosed with osteoporosis?
- ___ ___ You don’t get 3 or more servings of dairy products per day (more than 800 mg)?

Are you at risk? Any “YES” answer would indicate it is time to do something NOW! See the SAMPLE MENU for ideas and see GOOD & BEST CALCIUM SOURCE list on the back of this sheet.

What to do: Consume 4-5 BEST CALCIUM SOURCES every day. This will give you what you need, more than 1000 mg. of calcium per day. Use milk and dairy products in cooking if you are unable to drink milk. For those with milk intolerance consider lactaid and calcium enriched products.

Sample Menu

Breakfast

French Toast with Syrup
1 Cup Milk
1/2 Cup Orange Juice
(calcium enriched)
Fresh Black Coffee

Lunch

Tuna Salad Sandwich
Cream of Tomato Soup
(made with milk)
Salad with Cheese/dressing
Pineapple-Orange Juice

Supper

Baked Pork Chop
Scalloped Potatoes
Steamed Broccoli
Butterscotch Pudding
Milk
Tea with Honey

Good Calcium Sources

Food	Amount	Calcium Value (Mg)
Frozen Spinach	1/2 cup	139
Vanilla Soft Serve Ice Cream	1/2 cup	138
Tofu	1/2 cup	130
Frozen Kale	1/2 cup	90
Vanilla Ice Cream	1/2 cup	88
Almonds	1 oz.	71
Navy Beans	1/2 cup	64
Frozen Broccoli	1/2 cup	47

Best Calcium Sources

Food	Amount	Calcium Value (Mg)
Skim Milk	1 cup	305
Calcium Enriched Orange Juice	1 cup	300
Calcium Fortified Soy Milk	1 cup	300
Yogurt	1 cup	300
Whole Milk	1 cup	290
Buttermilk	1 cup	285
Cocoa (skim milk)	1 cup	285
Powdered Milk	1 cup	280
Fortified Soy Milk	1 cup	250
Tums/Rolaids	1	250
Salmon or Sardines with bones	2 oz.	250
Ricotta Cheese (whole)	1/2 cup	257
Cheddar Cheese	1 oz.	200
Mozzarella Cheese	1 oz.	185
Collard Greens (Frozen)	1/2 cup	179
Black Molasses	1 tbsp.	172
Processed Cheese	1 oz.	150
Pudding	1/2 cup	140