

Nutritional Recommendations for: Osteoporosis and Calcium

“Healthy Ways For Stronger Bones”

- Take a good calcium supplement: calcium citrate and chelated for maximum absorption; 1200-1500 mg. daily. (Absorption is best at bedtime and also aids in sleeping)
- Eat plenty of foods that are high in calcium and vitamin D. Good sources of assimilable calcium include broccoli, most dark green leafy vegetables, kale, kelp, calms, shrimp, oysters, flounder, salmon, sardines, oats, sesame seeds, soy beans, tofu, beans, peas, lentils, and wheat germ.
- Consume whole grains and calcium foods at different times. Whole grains contain a substance that binds with calcium and prevents its uptake.
- Include garlic and onions in the diet, as well as eggs (if your cholesterol level is not too high.) These foods contain sulfur, which is needed for calcium absorption and healthy bones.
- If you are menopausal or postmenopausal woman with osteoporosis, include plenty of soy products in your diet. Soy is rich in phytoestrogens, which may, to some extent, substitute for your body's own estrogen if it is manufacturing too little. The latter effect is very important for osteoporosis. Estrogen depletion is strongly associated with osteoporosis.
- Avoid phosphate-containing drinks and foods such as soft drinks, and alcohol. Avoid smoking, caffeine, sugar, and salt. Limit your consumption of citrus fruits and tomatoes; these foods may inhibit calcium intake.
- Caffeine has been linked to calcium loss. In one study, adults given 300 milligrams of caffeine excreted more than the normal amount of calcium in their urine. Another study revealed that caffeine is associated with decrease bone minerals in women.
- Carbonated soft drinks contain high amounts of phosphates. These cause the body to eliminate calcium as the phosphates themselves are excreted, even if calcium must be taken from the bones to do so.
- Avoid yeast products. Yeast is high in phosphorus, which competes with calcium for absorption by the body.
- If you take thyroid hormone or and anticoagulant drug, increase the amount of calcium you take by 25 to 50 percent.
- If you take a diuretic, consult your physician before beginning calcium and vitamin D supplementation. Thiazide-type diuretics increase blood calcium levels, and complications may result if these drugs are taken in conjunction with calcium and vitamin D supplements. Other types of diuretics increase calcium requirements.
- Keep active, and exercise regularly. A lack of exercise can result in the loss of calcium, but this can be reversed with sensible exercise. Walking is probably the best exercise for maintaining bone mass. Experts recommend regular, weight-bearing exercise. The frequency of exercise is more important than the type.
- Life is not perfect; try to avoid and relieve stress if at all possible and remember **“Moderation Is The Key”**.