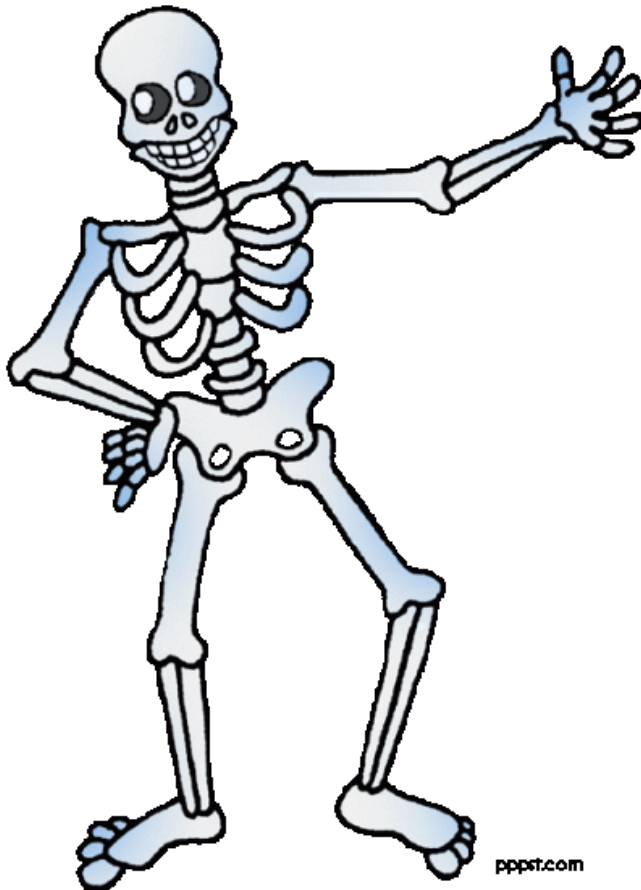


# National Dairy Month: Spotlight on Bone Health

Osteoporosis and bone health is a frequent topic of conversation among older adults and their health care providers, and for good reason. In the US each year, approximately 300,000 older adults suffer from hip fractures alone. Add in other types of fracture (wrist, vertebral, rib, etc.) and the number rises to 2 million adults affected annually. There are steps that can be taken to lower the risk of bone fracture and improve bone health. Read on to learn some ways to keep your bones healthy.



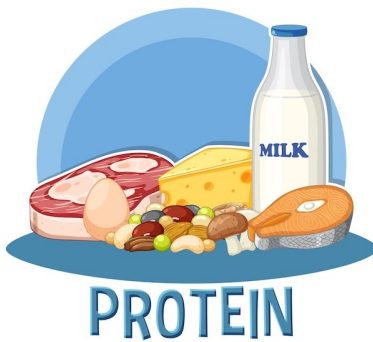
## What IS Osteoporosis?

- ⇒ The breakdown of bone tissue due in part to lack of calcium
- ⇒ It mostly affects people over the age of 50, however anyone can suffer from osteoporosis
- ⇒ It is more common in white and Asian women, but affects all genders and races
- ⇒ There are several contributing factors, including diet, genetics, certain medications, and lifestyle (things like exercise and smoking)

# Diet and Bone Health: Important Nutrients

**Calcium:** one of the main components of bone

- not produced by the body, so must come from the diet
- found not just in dairy products, but also leafy green vegetables, salmon and tofu



**Protein:** provides strength and flexibility to bones

- found in both animal and plant foods, including meat, fish, eggs, dairy, nuts, seeds, legumes and beans

**Vitamin D:** necessary for the body to absorb the calcium in food

- can be made by the body, as well as come from food
- found in trout, mackerel, tuna, salmon, fortified dairy products, and fortified cereals



## foods that contain phosphorus



**Phosphorus:** just as important as calcium, it helps form bones and teeth

- found in dairy products, meat, poultry, fish, whole grains, potatoes, carbonated soda

# Chicken, Brussels Sprouts & Mushroom Salad

Prep Time: 10 mins

Total Time: 10 mins

Servings: 2

Yield: 4 cups

## Ingredients:

3 tbsp olive oil  
1.5 tbsp red wine vinegar  
1 tbsp minced shallot  
1/2 tbsp Dijon mustard  
1 tsp chopped fresh thyme  
1/4 tsp ground pepper  
6 oz shredded cooked chicken  
2 cups shaved fresh cremini mushrooms  
2 cups shaved brussels sprouts  
2 cups packed baby arugula  
1/2 cup thinly diagonally sliced celery  
1/2 cup shaved parmesan cheese



Recipe courtesy of EatingWell

[www.eatingwell.com](http://www.eatingwell.com)

## Directions:

1. Whisk oil, vinegar, shallot, mustard, thyme and pepper in a large bowl. Add the chicken, mushrooms, brussels sprouts, arugula and celery; toss to coat. Sprinkle with Parmesan, divide onto 2 plates and serve.

## Nutrition Facts Per Serving:

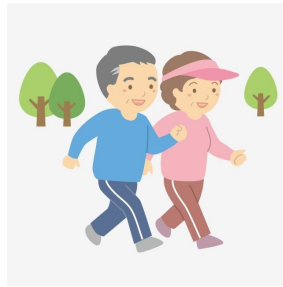
432 calories	15g carbohydrate	24g protein	5g fiber
31g fat	7g saturated fat	533mg sodium	
318mg calcium*			

\*Between the brussels sprouts, arugula, celery and parmesan cheese, this recipe provides approximately one quarter of the daily requirement of calcium for adults

# Lifestyle Factors that Influence Bone Health

## Exercise:

weight-bearing exercise, like walking, strength training, and climbing stairs can help to improve bone density



**Smoking:** we all know smoking is not a healthy habit, but it can affect more than your lungs. Smoking reduces the blood flow to the bones and the ability of bones to hold on to calcium

**Resources:** <https://www.osteoporosis.foundation/facts-statistics/key-statistic-for-north-america>

[https://www.niams.nih.gov/health-topics/osteoporosis#:~:text=Osteoporosis%20is%20a%20bone%20disease,of%20fractures%20\(broken%20bones\).](https://www.niams.nih.gov/health-topics/osteoporosis#:~:text=Osteoporosis%20is%20a%20bone%20disease,of%20fractures%20(broken%20bones).)

<https://medlineplus.gov/ency/article/002062.htm#:~:text=Bones%20are%20the%20main%20storage,or%20will%20not%20grow%20properly.>

<https://www.niams.nih.gov/health-topics/calcium-and-vitamin-d-important-bone-health#:~:text=Vitamin%20D%20promotes%20bone%20health,our%20muscles%20and%20immune%20system.>

<https://osteoporosis.ca/protein/#:~:text=Protein%20is%20an%20important%20nutrient,mobility%20and%20in%20preventing%20falls.>

<https://www.mountsinai.org/health-library/supplement/phosphorus#:~:text=Next%20to%20calcium%2C%20phosphorus%20is,and%20tissues%20throughout%20the%20body.>

<https://www.eatingwell.com/recipe/269828/chicken-brussels-sprouts-mushroom-salad/>

**Consumer-centered access for long-term care information, referrals and assessments.**

**For information, call 518-382-8481, #9, ext. 304**

## Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

**Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>**

