SENIOR BONE HEALTH

CALCIUM
Primary prevention of bone disease.
RDA: 1200 mg. per day
Sources: milk, cheese, canned salmon, spinach

VITAMIN D
Improves your body’s calcium absorption.
RDA: 800-1000 IU per day
Sources: low-fat plain yogurt, mushrooms, canned tuna, sunlight exposure

PROTEIN
Works with calcium to improve bone health.
RDA: varies per person
Sources: lean meats, fish, eggs, cheese, beans, peas

SODIUM
Has negative effects on bone health.
RDA: less than 2300 mg. per day
Sources: table salt, breads, pizza, soups, deli meats

BONE DISEASES
- Osteomalacia
  Cause: vitamin D/calcium deficiency
- Osteopenia
  Loss of bone mass
- Osteoporosis
  Loss of bone over time

RISK FACTORS
- Family History
- Age
- Lack of exercise
- Excessive alcohol use
- Smoking
- Diet

PREVENTION
- Weight-bearing exercise (walking, dancing, etc.)
- Limit alcohol
- Eat a well balanced diet