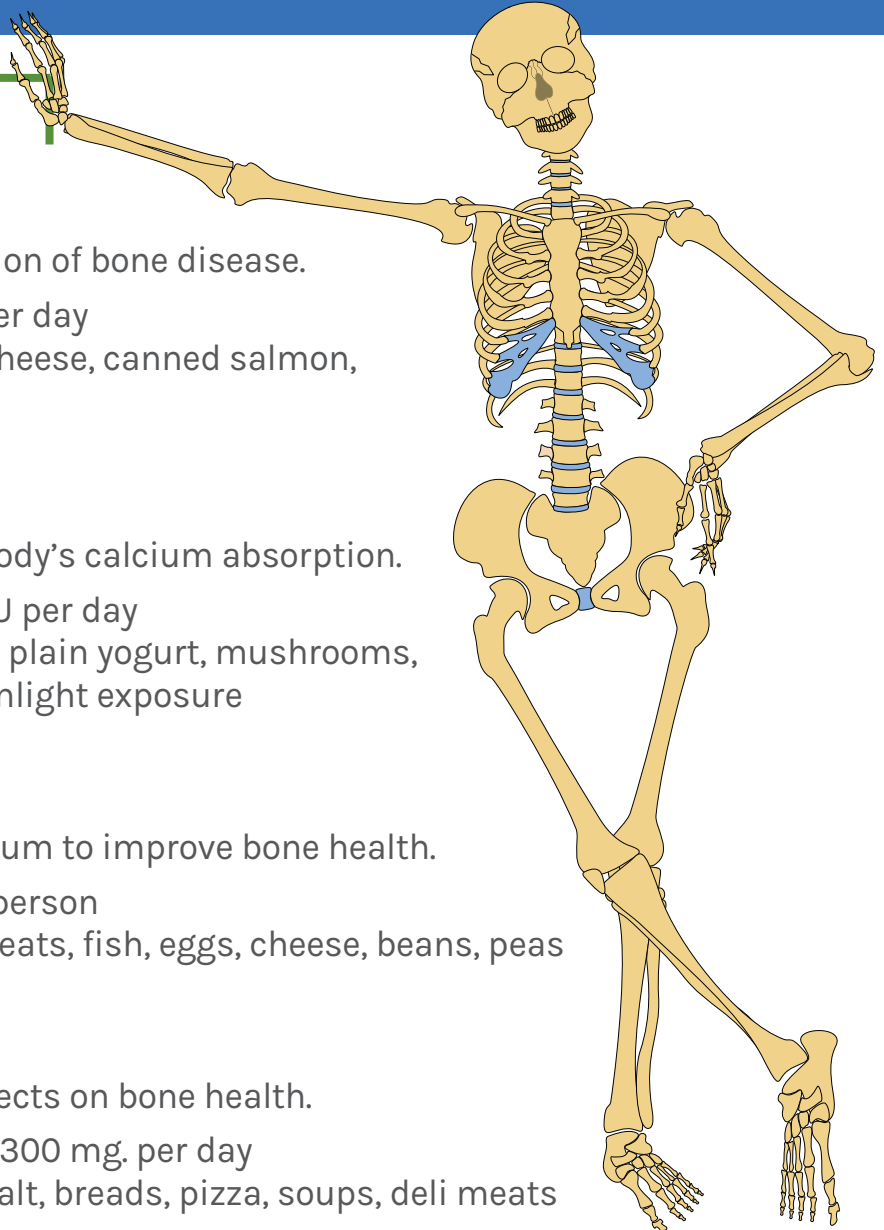


# SENIOR BONE HEALTH



## CALCIUM

Primary prevention of bone disease.

**RDA:** 1200 mg. per day

**Sources:** milk, cheese, canned salmon, spinach

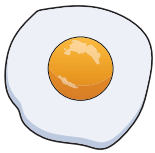


## VITAMIN D

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

