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Fabulous Feta Salad

Participate in a Clinical Trial

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Nutrition for Healthy Bones

With information from BC Women's Hospital & Health Centre publication

We all know that we need calcium to maintain strong, healthy bones. Most of the time, we don't know how much we really need and how much we are actually getting. Below is a guide to help clear fact from fiction.

How much calcium do I need every day?

- ▶ Adults under 50 need about 1000 mg of elemental calcium daily.
- ▶ Adults 50 and over and postmenopausal women need 1200–1500 mg of elemental calcium daily.
- ▶ Children have different daily requirements.

This total daily requirement is from diet and supplements. How do I know I'm getting enough?

Subtract the amount of calcium you get from food from the total amount recommended for your age. Make up the difference by either increasing your dairy intake or taking a calcium pill. Each choice below provides roughly 300 mg of calcium:

- ▶ 1 cup (250 ml) milk (1% or 2%) or soy beverage, fortified or enriched
- ▶ 175 mg (3/4 cup) of plain or vanilla yogurt or 250 ml (1 cup) fruit-flavoured yogurt, low fat
- ▶ A piece of hard cheese such as cheddar or edam, about 1 1/2 times the size of the diagram below
- ▶ A piece of soft cheese such as mozzarella or brie, 2 times the size of the diagram below

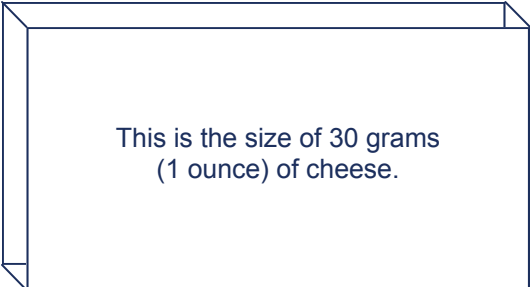
Discuss your cholesterol level with your doctor or dietitian before choosing cheese as your calcium source!

How can I make sure my body absorbs the calcium I take?

- ▶ Take calcium carbonate or calcium phosphate with food. Other forms can be taken anytime.
- ▶ Take only 500–600 mg or less of calcium at a time.
- ▶ Vitamin D is necessary but does not have to be taken at the same time as calcium.
- ▶ Ask your pharmacist if calcium can be taken with the other medications you are on.

What is the best kind of calcium supplement?

- ▶ There is *no significant difference* in the absorption of different kinds of calcium supplements.
- ▶ Make sure your supplement has an NPN (natural product number) so you know it is pure and provides the amounts on the label.



This is the size of 30 grams
(1 ounce) of cheese.

Nutrition for Healthy Bones

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What is ELEMENTAL calcium?

- › Calcium comes in different forms. Elemental calcium means the calcium part of the pill.
- › Example: 1 tablet contains 1000 mg of calcium carbonate, providing 400 mg of elemental calcium.

What does it mean when food labels say “percentage of Daily Value (DV) or Recommended Daily Intake (RDI)”?

- › Food labels are based on a DV or RDI of 1100 mg calcium.
- › Example: Calcium 30% = 30% of 1100 mg = 330 mg
- › You need 800–1000 IU of Vitamin D daily all year round.

How much Vitamin D should I take?

- › In Canada, your skin makes Vitamin D when exposed to sunlight from April to September (if sunscreen is not used), but this amount can be too little.
- › Adults 50 and older and postmenopausal women need 800–1000 IU daily all year round.
- › Adults younger than 50 need 400–600 IU daily all year round.
- › Multivitamins usually provide 400 IU per tablet.
- › Some calcium supplements come combined with Vitamin D in varying amounts.
- › Fortified cow’s milk or soy/rice milk give 90 IU per cup.
- › The Canadian Cancer Society recommends 1000 IU daily to lower your risk of many different cancers!

Are there other nutrients, like magnesium, that help in treating osteoporosis?

- › Many nutrients are involved in bone building. A healthy, balanced diet (see [Canada’s Food Guide](#)) will give you adequate amounts of most of these nutrients.
- › Vitamin A is controversial. Do not take more than 2500 IU a day. Research suggests too high intakes can lead to bone loss and fractures.
- › Magnesium is usually added to calcium to prevent constipation. Taking over 350 to 500 mg a day can cause loose stools or diarrhea.

Is caffeine bad for the bones?

- › Limit caffeine to under 400 mg a day. A cup of brewed coffee has 135 mg of caffeine, instant coffee has 95 mg. Medium brewed tea has 50 mg, green tea has 30 mg. Cola has 45–65mg per 355 ml can.
- › Make sure you meet your total daily requirements for calcium.

Is it OK to drink alcohol?

- › Alcohol in moderation is OK. More than 2 servings daily has a negative impact on your bones.

Do you know of local groups or community events where we could provide more information about osteoporosis and related research studies? Please call us at 604-263-3661 or toll free at 1-866-226-6143. You can also visit us on the web at www.prohealthcr.ca or e-mail us at prohealth@prohealthcr.ca.



A medical research study for women who have lost their sexual desire.

If you’re a woman at least 30 years of age, you may not realize that your lack of interest in sex might be a common medical disorder. You are invited to see if you qualify for a medical research study. To qualify, you must have gone through menopause or had your ovaries removed. The purpose of the study is to determine the safety and effectiveness of LibiGel®, an investigational medication for Hypoactive Sexual Desire Disorder (HSDD). Visit www.BloomStudy.com or call 1-877-BLOOM-81. Contact: Juliet Luna-Algoso
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BLOOM
STUDY

Fabulous Feta Salad

A cool, crisp salad perfect for the summer!

Courtesy of [Osteoporosis Canada](#). From *The Everyday Calcium Cookbook* by Helen Bishop MacDonald, © 2004

- 2 tbsp olive oil
- 1 tbsp lemon juice or wine vinegar
- 1/2 tsp oregano
- 1 cup canned red kidney beans, rinsed and drained
- 1 cup diced tomatoes (about 2 medium)
- 1 cup diced green pepper (1 medium)
- 1 cup diced feta cheese
- 1/4 cup chopped onion (about 1/2 medium)

		Nutrition Information	
1. Combine olive oil, lemon juice and oregano. Pour over other ingredients.	Calories		209
2. Toss salad and season to taste.	Protein		7.9 gm
	Carbohydrates		14.8 gm
	Fat		13.8 gm
Serves 4.	Calcium		172 mg
	Potassium		318 mg