

# Osteoporosis

Osteoporosis refers to a condition of reduced bone mass and weakened internal bone structure leading to an increased likelihood of bone fractures. It is more common in females than in males, with the condition occurring in one of every four post-menopausal women.

## PREVENTION IS KEY

Consume more nutrient-dense foods including fresh fruits and vegetables, whole grains, beans, and fish.

These foods include nutrients that are important for bone health:

### Green Leafy Vegetables

- kale, collard greens, spinach

### Whole Grains

- brown rice, buckwheat (kasha), quinoa, barley, oats

### Nuts and Seeds

- almonds, sesame seeds, brazil nuts, cashews, pumpkin seeds

### Legumes

- soy beans, black beans, lentils, pinto beans, garbanzo beans or chickpeas

### Fish

- salmon, oysters, cod, mackerel

### Fresh Fruit

- blackberries, grapes, apples, bananas, peaches, pears

### Dairy Products

- yogurt (particularly Greek yogurt), ricotta cheese, cottage cheese, milk.

Consume sufficient protein every day; approximately 55-65 grams.

Reduce consumption of alcohol, cigarettes, caffeine, and sodium.

## NUTRITION AND ACTIVITY

Bone mineral density is maintained with minimal loss in those who do load-bearing, or weight-bearing activities at least three times a week. The best exercises for building bone include weight lifting, jogging, hiking, stair climbing, step aerobics, dancing, racquet sports, and other activities that require your muscles to work against gravity.

## WHEN YOU HAVE OSTEOPOROSIS

Proper nutrition can help to restore your bone mineral density.

Supplementation with specific nutrients can facilitate bone re-mineralization. Talk to your doctor for more information.

If you already have osteoporosis, speak with your doctor to learn what types of exercises you can safely do to preserve bone, and to strengthen your back and hips without causing harm.



† Sources: National Institutes of Health: <http://www.osteoporosis.org/default.asp>  
<http://ag.arizona.edu/maricopa/fcs/bb/exercise.html>  
Nutritional Medicine by Alan R. Gaby, M.D. 2011

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