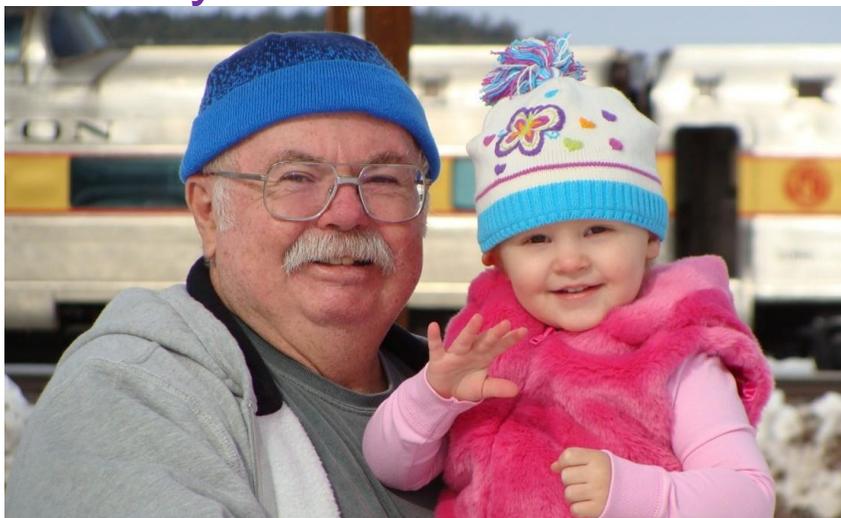


Nutrition Times

November 2018 Nutrition Services

Healthy Bones for Life



[Grandfather and grandchild CCO](#)

November is Osteoporosis Month. Read on to find out more about what this disease is and how to keep your bones healthy for life.

What is Osteoporosis?

[Osteoporosis](#) is a disease where your bones get weak and break easily. Bones can weaken for years with no symptoms until a break or fracture happens.

What can I do to keep my bones healthy?

- Get enough calcium and vitamin D each day. Both of these nutrients are needed to build and maintain strong, healthy bones.
- Do weight bearing exercises each day. This could include walking, running, dancing, skipping, tennis, and pushups.

Vitamin D

People 1 – 70 years of age need 600 International Units (IU) of vitamin D per day. Alberta Health Services recommends a daily supplement of 400 IU vitamin D for everyone up to 70

years of age to help meet this need. The other 200 IU should come from foods such as 2 cups (500 mL) of milk or 2.5 oz (75 g) of fatty fish. Adults older than 70 years should take 800-1000 IU per day. Your doctor may advise you differently based on your needs.

Calcium

Calcium rich foods such as milk products are the best source of calcium. Calcium from foods is absorbed better than calcium from supplements. If you can't get enough calcium from food, you will need to take a supplement. Calcium needs are listed below.

Age	Calcium (mg/day)	Upper Limit (mg/day)
4–8 years	1000	2500
9–18 years	1300	3000
19–50 years	1000	2500
51–70 years:		
Men	1000	2000
Women	1200	2000
70+ years	1200	2000

Tips to increase your vitamin D and calcium intake:

- Aim for 2 to 4 servings of milk or fortified alternatives daily. 1 cup (250 mL) of milk or 1½ oz (50 g) of cheese provide 300 mg of calcium or more.
- Add skim milk powder to recipes or drinks to get more calcium.
- Calcium and vitamin D are added to some foods such as orange juice, yogurt, and breakfast cereals. Look for the words “fortified” or “added calcium and vitamin D”.
- Don't like plain milk? Try using it in homemade smoothies, steamers, lattes, or chai tea. Or mix it with chocolate milk or a little splash of eggnog or vanilla.
- Enjoy fatty fish such as canned salmon or sardines 2 times a week.



[Latte CCO](#)



[Milk CCO](#)

Upcoming Nutrition Classes (most classes are free)

Brooks: 403-501-3315 or visit ahsbrooksnutrition.eventbrite.ca for information or to register.

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more! **Tues. Nov 27, 6 – 8 p.m.**

Infant Nutrition: Information on feeding babies 0-12 months. **Tues. Dec 4, 11 a.m. – 12:30 p.m.**

Mealtime Struggles. Help for picky eaters. **Wed. Dec. 5, 6:30 – 8 p.m.**

Alberta Healthy Living Program Classes: Ongoing, see below.

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more!

Mon. Dec 10, 2018 or Mon. Jan 14, 2019, 6-8 p.m. Register: 403-502-8215.

Infant Nutrition: Information on feeding babies 0-12 months.

Mon. Dec 3 or Feb 4, 2019, 2:45 – 4:00 p.m.

Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Alberta Healthy Living Program Classes: Ongoing, see below.



Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: Lethbridge and area, 403-388-6654

Medicine Hat, 403-529-8969

Brooks, 403-793-6659

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

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Medicine Hat, AB
T1A 8E3

440 3rd Street East 403-501-3300
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For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



Nutrition, Food, Linen & Environmental Services

