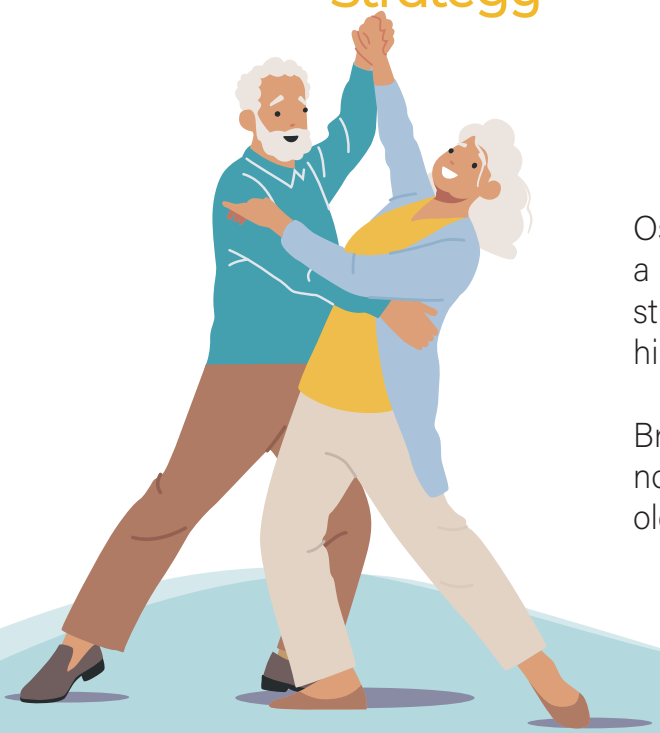
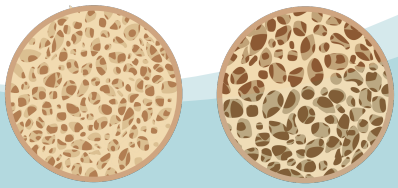
ONTARIO Osteoporosis Strategy

YOUR GUIDE TO **STRONG BONES**



Osteoporosis is a disease that makes bones break easily with a minor event such as lifting, twisting, tripping, slipping, stumbling or falling. Most osteoporotic fractures occur in the hip, spine, shoulder or wrist.

Broken bones can be painful. Even after they heal you may not be strong. A broken hip is especially serious for older people, often leaving them disabled.



Healthy Bone | Bone with Osteoporosis

GOOD NUTRITION IS IMPORTANT FOR STRONG BONES

- **Eat** a balanced diet from all four food groups to help keep bones strong and prevent fractures.
- **Vitamin D** is essential in maintaining bone strength and stability. Health Canada recommends all adults over the age of 50 in Canada should take a vitamin D supplement all year round. Ask your doctor for the right dose for you.
- **Calcium** is important for bone health. It is best to get your calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverages and calcium-fortified orange juice.
- **Limit** the amount of alcohol in your diet.
- **Stop** smoking.

How much calcium and vitamin D do you need each day?

Health Canada Recommends:	Recommended Intake
Calcium Intake (Men 51-70)	1000 mg *
Calcium Intake (Women 50+ & Men 70+)	1200 mg *
* If you're getting enough calcium from a diverse diet, no supplementation is suggested to prevent fractures	
Vitamin D Intake (Ages 51-70)	600 IU
Vitamin D Intake (Ages 70+)	800 IU

mg = milligrams IU = international units

OOS YOUR GUIDE TO **STRONG BONES**

Calcium food sources	Serving Size	Calcium
Fortified Almond, Rice, or Soy Beverage	1 cup (250 mL)	300 mg
Milk – Whole, 2%, 1%, Skim, Chocolate	1 cup (250 mL)	300 mg
Yogurt – Plain, 1-2% M.F.	3/4 cup (175 mL)	332 mg
Cheese – Blue, Brick, Cheddar, Swiss	1 ¼"/3 cm cube	245 mg
Tofu, regular – with calcium sulfate	3 oz (84 g)	130 mg
Orange	1 medium	50 mg
Almonds, Dry Roast	1/2 cup (125 mL)	186 mg
Collard Greens – cooked	1/2 cup (125 mL)	133 mg

Vitamin D food sources	Serving Size	Vitamin D
Swordfish, Baked or Broiled	75 g	761 IU
Tuna, canned in water, drained unsalted	75 g	60 IU
Cod Liver Oil	5 mL (1 tsp)	426 IU
Salmon (Sockeye), Baked or Broiled	75 g	394 IU
Snapper, Baked or Broiled	75 g	392 IU
Milk (all types)	1 c (250 mL)	104 IU
Soy Beverage, Enriched	1 c (250 mL)	86 IU
Egg Yolk, Cooked	2 Large	64 IU

Bone is a living tissue that requires proper nutrition to stay strong. To learn more, visit osteoporosis.ca

EXERCISE TO BUILD **STABILITY AND STRENGTH**

Balance and Stability

Engage in balance and functional training **twice a week**. Consider dynamic activities like Tai Chi and heel raises to enhance stability and minimize fall risks.

Muscle Strengthening

Dedicate time to progressive resistance training twice a week. Include exercises like squats and lunges to bolster muscle strength and improve daily functionality.

Exploring Activities

Feel free to indulge in various activities such as walking, yoga, or Pilates, ensuring they are tailored for safety and comfort. **Aim for 150 minutes** of moderate to vigorous activities weekly. However, remember these should complement, not replace, your core exercises of balance and resistance training.

Special Considerations for Older Adults

Older adults, particularly those with osteoporosis or spinal fractures, should focus on strength and balance. Seek advice from expert physical therapists who offer tailored and safe guidance for your specific needs.*

* BoneFit™ professionals are trained to deliver safe and effective exercises for those with osteoporosis or related fractures. Locate one near you at **bonefit.ca**

Medication to Make Your Bones Stronger

Sometimes good diet and exercise aren't enough to keep your bones strong and prevent fractures. You may need to take medication too. Talk to your doctor about what is best for you.

Are You at Risk?

If you're over 50, talk to your doctor about your chances of breaking a bone. Each year, your doctor should check your height and discuss if you need a bone density test. You might need this test if you're **over 70**, had a break after 40, a parent broke their hip, or you take a drug called prednisone.

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