

Nutrition Education

Osteoporosis and Bone Health

Osteoporosis is a skeletal disease characterized by low bone mass and deterioration of bone tissue. The condition presents an increased risk of bone fragility and susceptibility to fracture. It can be caused by vitamin and mineral deficiency, low sunlight exposure, lack of physical activity, malnutrition, and not eating enough protein. Being mindful of factors like these can help maintain bone health and prevent the onset of osteoporosis.

Get Enough Calcium

Adults need 700 mg of calcium per day. Adults over the age of 70 should get 1200 mg of calcium per day. Good sources of calcium are dairy, green leafy vegetables, soya beans, tofu, nuts and fish where you can eat the bones (sardines).

Adequate Vitamin D

It is recommended that adults receive 400 IU of vitamin D per day while adults aged 60 and older should get 800 to 1000 IU per day. Good food sources of vitamin D are oily fish (salmon, sardines), egg yolks and fortified foods (breakfast cereals, soy beans).

Strength Training

Activities that build strength are recommended to improve balance, increase bone mineral density, and improve muscle mass. Aim for strength training twice per week to reach your personal record.

Physical Activity

It is recommended that individuals get at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week. Weight-bearing aerobic activities can help increase muscle strength and improve balance. Weight-bearing exercises include walking, dancing, low-impact aerobics and elliptical machines.



Nutrients to Watch

Too much vitamin A may increase the risk of bone fractures. Adequate protein is important for muscle maintenance.

Sources

- “Exercising with Osteoporosis: Stay Active the Safe Way.” Mayo Clinic, Mayo Foundation for Medical Education and Research, 12 Mar. 2025, <https://www.mayoclinic.org/diseases-conditions/osteoporosis/in-depth/osteoporosis/art-20044989>.
- “Food for Healthy Bones.” NHS Choices, NHS, 25 Apr. 2024, www.nhs.uk/live-well/bone-health/food-for-strong-bones/.

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