



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 important to keep your bones strong and also to prevent falls. All adults 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 beverage and calcium-fortified orange juice. If you don't eat many dairy products or other calcium-fortified foods, you may need a calcium supplement. Do not take a calcium supplement on your own. Check with your doctor first.
- Limit the amount of alcohol in your diet to two or fewer drinks per day.
- Stop smoking

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

Age	Calcium	Vitamin D
19-50	1000 mg	400 - 1000 IU
50+	1200 mg	800 - 2000 IU

mg = milligrams

IU = international units

