



KEYS TO BETTER HEALTH™



Strong Bones For Mom

Did you know that throughout your life span, your bones breakdown and rebuild themselves over and over? As a person ages, the bone breakdown process begins to happen faster than the bone building process.¹ The stronger your bones are when you are young, the less likely you are to end up with osteoporosis, a disease where bones become brittle with age. Taking good care of your bones is especially important for mom, because as a woman ages, bone loss accelerates due to menopause and loss of estrogen. Out of the approximately 10 million Americans who have osteoporosis, around eight million are women.² Below are some tips to help keep mom's bones as healthy as possible:

Make sure you're getting enough calcium

- Calcium is an essential building block for bones. If your body is not getting the calcium it needs, it will take the calcium from bones, which causes the bones to be weaker.



- For women aged 50 and younger, 1,000 mg of calcium per day is the goal, and women over 50 should aim for 1,200 mg daily.³ This equates to about three cups of dairy per day.⁴
- Dairy products like yogurt, cheese, and milk are great sources of calcium. Spinach, collard greens, and almonds also contain calcium. Grab a handful of almonds for a healthy snack, or blend up a smoothie with low fat milk, frozen fruit, and spinach.

Don't forget the vitamin D

- Vitamin D is important for bone health as well, as it

works in the body to assist in the absorption of calcium.

- The recommended amount of vitamin D per day is 400-800 IU (international units) for those under 50, and 800-1000 IU per day for those aged 50 and older.
- Vitamin D can be found naturally in tuna, sardines, and eggs. Many products contain both calcium and are fortified with vitamin D, including some yogurts, milk, and margarines.
- Your skin can also make vitamin D when exposed to the sun.

Take care of mom and baby during pregnancy

- While pregnant or breastfeeding, it is important for mom to get enough calcium and vitamin D to supply baby with enough nutrients to build strong bones. If a pregnant mother doesn't consume enough calcium, her baby's calcium needs will be met by taking the calcium from her bones.

Stay physically active

- Staying physically active can lower your risk of osteoporosis. Weight-bearing exercise not only builds muscle, but also can help you build strong bones too.
- Weight-bearing exercise includes brisk walking either outdoors or on a treadmill, dancing, climbing stairs and mowing the lawn.

Sources:

1. Bone Health: Tips to keep bones healthy. Mayo Clinic website. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060>. Accessed 1/26/18.
2. What Women Need to Know. National Osteoporosis Foundation website. <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know/>. Access 1/29/18.
3. Calcium/Vitamin D. National Osteoporosis Foundation website. <https://www.nof.org/patients/treatment/calciumvitamin-d/>. Accessed 1/29/18.
4. All about the Dairy Group. Choose My Plate website. <https://www.choosemyplate.gov/dairy>. Access 1/29/18.

Keys To Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags!

