

Smart Choices

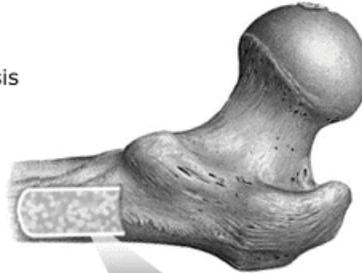
Nutrition News for Seniors

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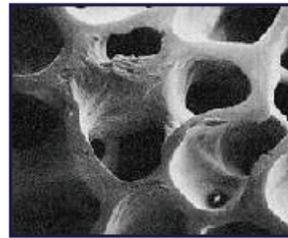
Calcium and Vitamin D

Bones provide structure, protect organs, anchor muscles, and store calcium. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. Osteoporosis or “porous bone” is a disease of the skeletal system that results in low bone mass and deterioration of bone tissue. This leads to an increase risk of bone fractures especially in the wrist, hip, and spine.

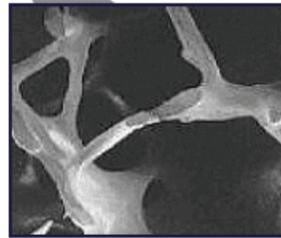
Section of bone showing osteoporosis



Normal Bone



Osteoporotic Bone



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milk is fortified with vitamin D. The National Osteoporosis Foundation (NOF) recommends that adults 50 and over get 800 to 1,000 International Units (IU) of vitamin D daily. Vitamin D and calcium work together as a team to help maintain bone mass.

Regular physical activity also helps build strong bones. Weight bearing physical activity causes muscles and bone to work against gravity and helps build bone mass. Weight bearing physical activity includes walking, jogging, running, tennis, stair climbing, dancing, and weight lifting.

Consuming enough calcium and vitamin D helps build strong bones and may reduce the risk of osteoporosis later in life. Calcium is a mineral need by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. Since the body cannot make calcium, it must be absorbed from food. The National Academy of Science recommends that adults ages 50 and older consume 1200 milligrams of calcium per day.

Food remains the best source of calcium. Dairy products are high in calcium, while some green vegetables and other foods contain calcium in smaller amounts. If you have difficulty digesting dairy products due to lactose intolerance, lactose free dairy prod-

ucts and lactase enzyme pills are available to help. Calcium-fortified foods and calcium supplements are helpful for people who are unable to get enough calcium in their diets.

A single tablespoon of nonfat powdered milk contains about 50 mg of calcium. You can add 2 to 4 tablespoons to puddings, homemade cookies, breads or muffins, soups or gravy, and casseroles for a simple way to add more calcium to your diet.

Vitamin D aids in the absorption of calcium so it also plays an important role in healthy bone development. Vitamin D is necessary to help keep bones strong and healthy. This is the reason

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Fuel up with milk at meals.

Fruit Milk Shakes

- 1 cup milk or water
- 1/2 cup nonfat dry milk
- 2 ripe bananas or 1/3 cup orange juice concentrate
- 1/2 to 1 teaspoon vanilla
- 10-12 large ice cubes

Place all ingredients in a blender. Blend for 30 seconds to 1 minute.

Serving Size: 1/2 recipe
Yield: 2 servings



Adapted from:
Cooking with What You Have
Author: Cornell Cooperative Extension of Onondaga County

Nutrition Facts	
Serving Size 1/2 of recipe (386g)	
Servings Per Container 2	
Amount Per Serving	
Calories 220	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 30g	
Protein 12g	
Vitamin A 15%	Vitamin C 20%
Calcium 40%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Good Sources of Calcium

- Dairy Products—low fat or nonfat milk, cheese, and yogurt
- Dark green leafy vegetables—such as bok choy and broccoli
- Calcium Fortified Foods—orange juice, cereal, bread, soy beverages, and tofu products
- Nuts—almonds
- Fish with Bones—such as salmon or sardines



Sources of Vitamin D

- Sunlight—Your skin makes vitamin D from the ultra-violet light (UVB rays) in sunlight. Your body is able to store the vitamin and use it later. Because of the cancer risk from staying in the sun, many people need to get vitamin D from other sources.
- Food—Vitamin D is naturally available in only a few foods. Foods that have vitamin D include fatty fish (mackerel, salmon, tuna), egg yolks, and liver. Vitamin D is also added to milk and to some brands of orange juice, soymilk, and cereals. It is difficult to get all the vitamin D you need from food.
- Supplements and Medications—Many people do not get enough vitamin D and may need to take a supplement. Before adding a supplement with vitamin D, check whether your calcium supplement, multivitamin, or medication contains vitamin D. Always check with your doctor before adding any supplements to your routine.

What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using SNAP. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.



In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPU (1-888-524-3578). Visit our website: www.lsuagcenter.com

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