Are you getting enough calcium, vitamin D, and protein?



It's important to consume enough calcium and vitamin D each day to maintain bone health, and to include protein at every meal to build and repair muscles and bones.

Protein at every meal and snack



Aim for ~20-30 grams at breakfast, lunch, and dinner. Or, eat small amounts of protein more often. Add high protein foods to any snacks you eat. Try high protein drinkable supplements.

What does 20 grams of protein look like?

 3 oz of cooked meat, fish, or poultry (the size of a deck of cards)

 Three eggs

 1.5 cups of Greek yogurt

 Approximately 1.5 cups of cooked kidney or black beans

 ½ cup of peanuts

Get **calcium** through foods



It is better to get calcium through your diet - **only** take a supplement if you cannot get enough. Talk to your doctor or nurse practitioner about how much you need, whether you need to take a supplement, and what dose.

What foods are high in calcium?

 Cow, almond, or soy milk, yogurt, cheese, white beans and almonds.

 Some brands of orange juice are fortified with calcium – read the label.

Ask your healthcare provider about **Vitamin D**



Adults over the age of 50 should take a daily supplement containing **400 IU (10 µg)** of vitamin D because there are few food sources that contain enough of this essential vitamin. Some people may need more – talk to your doctor or nurse practitioner about how much vitamin D you need.

Find nutrition tips and sample recipes here:
osteoporosis.ca/**nutrition**.
Consult a dietitian if you are losing weight or want advice on nutrition.

RIA Research Institute for Aging
Schlegel • UWaterloo • Conestoga
Enhancing Life

University of Waterloo