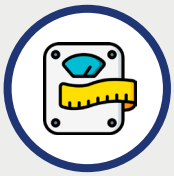
Nutrition tips after a spine fracture



Manage your weight



- Avoid unintended weight loss. When you lose weight, you can lose muscle and bone. Weigh yourself at least monthly to monitor your weight.
- If you are trying to lose weight, get advice on how to do it gradually, to avoid losing muscle and bone.
- Spine fractures can cause your stomach to protrude or change how clothes fit. It may not be weight gain!

If you are losing weight, or don't have much of an appetite, you can:


Eat small portions and more frequent meals or snacks (≥ 5 day). Eat a variety of foods each day. Avoid skipping meals.


Instead of water or tea, drink fluids with protein and calories like milk or high protein drinks.


Eat foods higher in nutrients and calories like avocado, nuts or nut butter, or cheese.


You may need help with food preparation or getting groceries, since you should avoid lifting or exertion while you are healing.


Consider a meal or grocery delivery service and help at home with meal preparation tasks.


An occupational therapist consultation can identify specific supports for you.

Prevent constipation


Drink plenty of fluid (8-10 glasses per day).


Eat a variety of high-fibre foods, like beans, lentils, vegetables, fruits, oatmeal, bran muffins, whole-grain cold cereals or whole-grain breads. Look for the whole grain symbol on packages.


Prunes and prune juice can support elimination.

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

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