

CALCIUM-ENHANCED OSTEOPOROSIS DIET

(Sheet 1 of 2)

PURPOSE:

This diet is designed to prevent or minimize the loss of bone that may occur due to aging or calcium deficiency.

DESCRIPTION:

This diet plan provides at least 1500 to 1800 mg of calcium per day. A high calcium intake is achieved by increasing servings of milk and dairy products and other foods containing appreciable amounts of calcium. Excessive amounts of fiber, protein, caffeine, alcohol, and sodium may inhibit calcium absorption or increase urinary excretion of calcium and should be limited. Weight-bearing exercises increase calcium retention and are encouraged.

BASIC INFORMATION:

A high calcium diet has been found to increase retention of calcium in the bone. Several studies clearly show that a high calcium intake can help reduce the number of fractures that may occur. To achieve a high calcium diet, the regular diet can be followed with the addition of the suggestions below to boost calcium intake to 1500-1800 mg daily.

NUTRITIONAL ADEQUACY:

This diet is designed to provide adequate amounts of calories, protein, vitamins, minerals, and other nutrients to meet the needs of healthy adults.

FOOD LISTS:

All foods are allowed on this diet, in moderation. High calcium foods are listed below and should be added liberally to the diet. In addition, the suggestions below can also help increase calcium in the diet.

- Add 1/3 cup to 1/2 cup nonfat dry milk to recipes for pancakes, breads, mashed potatoes, scrambled eggs, puddings, cookies, cakes, and other foods. The milk powder can be blended into the other dry ingredients (flour, sugar, etc.) or added along with the water or liquid milk.
- Substitute yogurt for sour cream or mayonnaise in recipes, dips, dressings, and toppings.
- Choose spinach, romaine, and other dark-colored salad greens instead of iceberg lettuce.
- Use milk or buttermilk instead of water to reconstitute canned soups, dry cereal such as Cream of Wheat, instant mashed potatoes, pancakes, or waffles from a mix, and salad dressing mixes.
- Select pudding, frozen yogurt, ice milk, custard, or milk/yogurt fruit smoothies as high calcium snacks and desserts.
- Use calcium-fortified commercial products such as calcium-fortified orange juice, pasta, and ready-to-eat cereals.
- Add milk or evaporated milk to coffee instead of cream. Or, for convenience, use nonfat dry milk powder rather than nondairy creamer.
- Select milk-based coffee drinks such as caffe latte, caffe au lait, or cappuccino; request nonfat milk or low-fat milk to reduce total fat and caloric intake.
- Top casseroles, omelets, toast, baked potatoes, and steamed vegetables with a shredded cheddar, Swiss, or mozzarella cheese for a calcium boost. Use low-fat cheese to reduce total fat intake.

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HIGH CALCIUM FOODS (Use low-fat or nonfat products, where available)

FOOD GROUPS	FOODS	Mg of CALCIUM
Dairy Products	Ice Cream or Ice Milk, 1 cup Milk, 1 cup Yogurt, 1 cup Milkshake, 10-12 oz Nonfat Dry Milk, 2 Tbsp	150-250 mg 280-345 mg 415-450 mg 250-350 mg 200 mg
Meats/Meat Substitutes/Fish	Clams, 3 1/2 oz Sardines, canned w/bones, 3 1/2 oz Salmon, canned w/bones, 3 1/2 oz Tofu, 1/2 cup	95 mg 310 mg 225 mg 250 mg
Legumes/Nuts	Almonds, 1 oz Brazil Nuts, 1 oz Hazelnuts, 1 oz Kidney or Lima Beans, cooked, 1 cup Navy Beans, cooked, 1 cup Pinto or Refried Beans, cooked, 1 cup	150 mg 50 mg 55 mg 50 mg 125 mg 80-100 mg
Cheeses	Mozzarella, 1 oz Ricotta, 1/2 cup Swiss Cheese, 1 oz Parmesan, 1 Tbsp Cottage Cheese, 1/2 cup Cheddar Cheese, 1 oz Hard Cheeses, miscellaneous, 1 oz	160-180 mg 250-335 mg 250 mg 70 mg 70 mg 145 mg 190-270 mg
Vegetables	Bok Choy, cooked 1/2 cup Collard Greens, cooked, 1/2 cup Kale, frozen cooked, 1/2 cup Spinach, cooked, 1/2 cup Broccoli, 1/2 cup Okra, cooked, 1/2 cup Swiss Chard, cooked 1/2 cup	80 mg 150 mg 90 mg 122 mg 35 mg 75 mg 50 mg
Fruits	Calcium-fortified Orange Juice, 1 cup Orange, 1 medium Papaya, 1 medium Prunes, 10 Rhubarb, frozen, cooked, 1/2 cup	300 mg 50 mg 70 mg 40 mg 170 mg
Breads/Grains	Calcium-fortified Pasta, cooked, 1 cup English Muffin, 1 Pancakes, 2 Tortilla, corn or flour, 1 Waffle, homemade, 1	300 mg 90-100 mg 100-150 mg 45 mg 90-135 mg