



May 2014

## The Prevention and Treatment of Osteoporosis



**BREAK FREE** When you think about being healthy, you probably think about making lifestyle changes to prevent cancer and heart disease. But keeping your bones healthy is just as important.

- \* You have 206 bones in your body. Keep them strong by getting enough calcium, vitamin D, weight-bearing exercise and muscle-strengthening activity.
- \* 44 million Americans have low bone density or osteoporosis.
- \* Up to 90% of peak bone mass is acquired by age 18 in girls and age 20 in boys, so adequate intake of foods rich in calcium and vitamin D is important for children and teens.
- \* Young men and women ages 9-18 require 1,300 mg of calcium a day; ages 19-50 need 1,000 mg. This daily amount increases to 1,200 mg when women turn 50 and men turn 70. Make sure that you get adequate calcium.
- \* Reasons that people get osteoporosis include family history of broken bones and certain lifestyle choices such as smoking, not getting enough physical activity, unhealthy eating habits and drinking too much alcohol.
- \* You cannot feel your bones getting weaker—osteoporosis can sneak up on you. Ask your health care provider for a bone density test.

**Take the Calcium Quiz** to determine if you are getting enough calcium!

**Sources of calcium:** Excellent sources of calcium at 300 mg per serving include milk, yogurt and cheese. Good sources of calcium at 100 mg per serving include dark leafy greens, beans, cream soup, broccoli, peas, almonds, corn tortillas, figs and canned fish with bones.

**Food sources of vitamin D:** Sources of vitamin D at about 100 IUs per serving include fortified low-fat milk and yogurt and fatty fish such as salmon, tuna and sardines.

While it is possible to get vitamin D from the sun, those who live at high latitudes, are housebound or regularly use sunscreen may not be getting enough. Adults should aim for 600-800 IUs a day from food.

## Exercise of the Month Hiking



### Exercise for strong bones!

Make sure to include high-impact, weight bearing exercise such as hiking 30 minutes a day, most days of the week. It is important to include strength training exercise two to three times a week.

## Recipe of the Month

### Gorgonzola Stuffed Burgers With Cucumber-Yogurt Sauce



Makes: 4 servings [Shape Magazine](#)

#### Ingredients:

- 1 pound extra-lean ground Sirloin
- ½ teaspoon Salt
- ¼ teaspoon ground black Pepper
- 4 1-inch cubes Gorgonzola
- 1 cup plain fat-free Yogurt
- ¼ cup shredded Cucumber
- 2 teaspoons chopped fresh Dill
- 2 teaspoons Dijon Mustard
- 1 teaspoon Garlic powder
- 2 tablespoons chopped Walnuts
- 1 dash sodium-free Seasoning mix

#### Preparation:

1. Spray grill with cooking spray and set heat to medium.
2. In a large bowl, combine meat, salt and black pepper. Shape mixture into four equal balls. Press one cube of Gorgonzola cheese into the center of each ball, covering cheese completely with meat. Shape balls into patties, each about one inch thick.
3. Add burger to grill and cook 5-6 minutes per side.
4. Meanwhile, mix next seven ingredients well in a small bowl.
5. Place burgers on plates and spoon two tablespoons yogurt sauce over each burger.