



CALCIUM-RICH FOODS

Calcium is essential for bone health. The best way to get calcium is from the foods you eat. Below are some good choices from A to Z. Check the food label to see how much calcium is in the foods you buy.

Food Item	Serving Size	Estimated Calcium Content in Milligrams
1. American cheese	1 oz.	175
2. Bok choy (Chinese cabbage), raw	8 oz.	75
3. Broccoli, cooked and drained	8 oz.	60
4. Cereal with added calcium, without milk	8 oz.	100-1,000
5. Cheddar cheese, shredded	1 oz.	205
6. Cottage cheese, 1% milk fat	4 oz.	70
7. Dried figs	2 figs	55
8. Frozen yogurt, vanilla (soft serve)	4 oz.	105
9. Fruit juice with added calcium	6 oz.	200-345
10. Ice-cream, low-fat or high-fat	1 cup	140-210
11. Kale, cooked	8 oz.	95
12. Milk, low-fat or fat-free	1 cup	300
13. Mozzarella cheese, part-skim	1 oz.	205
14. Oranges	1 whole	50
15. Parmesan cheese, grated	1 tbsp.	70
16. Ricotta cheese, part-skim	4 oz.	335
17. Salmon, pink, canned with bones	3 oz.	180
18. Sardines, canned in oil with bones	3 oz.	325
19. Shrimp, canned	3 oz.	125
20. Soy milk with added calcium**	8 oz.	300
21. Soybeans, mature, cooked and drained	8 oz.	175
22. Swiss cheese	1 oz.	220-270
23. Tofu prepared with calcium	4 oz.	200-400
24. Yogurt, low-fat or fat free (Greek)	6 oz.	200
25. Yogurt, low-fat or fat free (plain)	6 oz.	300

*The calcium content listed is estimated and can vary due to multiple factors.

**Choose milk alternatives like almond milk, coconut milk, rice milk and soy milk that are fortified with calcium.



PREVENT FALLS



1. Remove all loose wires, cords and throw rugs.
2. Keep floors free of clutter.
3. Be sure all carpets and area rugs have skid-proof backing or are tacked to the floor.
4. Do not use slippery wax on bare floors.
5. Keep furniture in its accustomed place.
6. Install grab bars on the bathroom walls beside the tub, shower and toilet.
7. Use a non-skid rubber mat in the shower or tub.
8. If you are unsteady on your feet, consider using a plastic chair with a back and non-skid legs in the shower or tub, and use a hand-held showerhead to bathe.
9. Use non-skid mats or rugs on the floor near the stove and sink.
10. Clean up spills as soon as they happen (in the kitchen and anywhere in the home).
11. Place light switches within reach of your bed and a night light between the bedroom and bathroom.
12. Keep a flashlight with fresh batteries beside your bed.
13. Keep stairwells well lit, with light switches at the top and the bottom.
14. Install sturdy handrails on both sides of stairs.
15. Mark the top and bottom steps of stairs with bright tape.
16. Make sure carpeting is secure on steps of stairs and throughout your home.
17. Cover porch steps with gritty, weatherproof paint.
18. Install handrails on both sides of porch steps.
19. Place items you use most often within easy reach. Avoid stooping or bending.
20. Use assistive devices to help avoid strain or injury. Use a long-handled grasping device to pick up items and use a pushcart to transfer hot or heavy items.
21. If you must use a stepstool, use a sturdy one with a handrail and wide steps.
22. Consider wearing a personal emergency response system (PERS) or keeping a portable telephone with you so you can call for help immediately if you fall.
23. Don't get up too quickly after eating, sitting or lying flat.
24. Talk to your healthcare professional or pharmacist about the side effects of drugs you take. Some can make you feel dizzy or drowsy.
25. If you are unsteady on your feet, use a cane or walker at all times.

WAYS TO IMPROVE BONE HEALTH



Get Enough Calcium and Vitamin D Every Day

1. Try low-fat yogurt or Greek yogurt to add more calcium to your diet.
2. Include green vegetables that have calcium into recipes. Good choices are broccoli, bok choy, kale and turnip greens.
3. Try foods that have calcium and vitamin D added. Fortified juices, cereals, and milk alternatives like soymilk are some good choices.
4. Take a calcium supplement if you aren't getting enough calcium from foods, but don't take more calcium than you need.
5. Take a vitamin D supplement if you need one. Find out how much vitamin D you need for your age.

Do Weight-Bearing and Muscle-Strengthening Exercises

1. Take a brisk walk. Walking is good for bones.
2. Include muscle-strengthening (resistance) exercises in your workout by using a pair of light dumbbells or resistance bands.
3. Join a gym or sign up for a group exercise class.
4. Go dancing.
5. Try a new sport or activity such as tennis or hiking.

Keep Healthy Lifestyle Behaviors

1. Eat five or more fruits and vegetables every day.
2. If you smoke, quit! Work with your healthcare provider to find the right program for you.
3. Keep alcohol to less than three drinks a day.
4. Try not to eat too many salty or processed foods.
5. Learn about your personal risk factors for osteoporosis.

Talk to Your Doctor About Your Health

1. Make an appointment with your family doctor or other healthcare provider to talk about your bone health.
2. Bring a list of your bone health questions to your appointment and take notes.
3. Ask your healthcare provider if you need a bone density test.
4. Ask your healthcare provider about other tests you may need.
5. Work together with your healthcare provider to develop a plan to protect your bones.

Improve Your Balance and Prevent Falls

1. Do balance training exercises.
2. Fall proof your home.
3. Take a Tai Chi class.
4. Learn posture exercises.
5. Have your hearing and vision checked each year.