



Bone Health Food for Thought

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Bone Health

Bones give our body shape, protect our organs from damage, and store calcium. Our bones are constantly changing. Most people reach maximum bone density at around age 30. There are several factors that affect our bone health.

Muscles connected to our bones allow us to move. Without bones we would not be able to move, stand, or sit. Our bones are constantly changing. This process is known as remodeling. Old parts of the bones are destroyed and new parts are con-

stantly be made. After 30 the density of bones does not change as long as the amount of bone that is destroyed equals the amount of newly made bone. A diet low in calcium decreases the bodies ability to create more bone.

A lack of physical activity increases the risk of losing bone density resulting in osteoporosis. Drinking more than 2 alcoholic beverages a day decreases the bodies ability to absorb calcium. Tobacco use also

contributes to weak bones.

People with a BMI of less than 19 are at higher risk for poor bone health usually because they have smaller bones. Generally women are at higher risk for poor bone health than men because their bones are smaller.

Long term use of corticosteroid medications can also damage bones. Too much thyroid hormone can also damage bones.

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060?pg=1>

Special points of interest:

- > Bones are constantly changing
- > People with bigger bones are more likely have healthy bones
- > Thyroid hormone and corticosteroid medications can damage bones

Answers Myth and Fact Page 2

Keeping Bones Healthy Page 2

Sources Calcium Page 2

Sources of Vitamin D Page 2

Bones Myths and Facts—circle “M” for Myth and “F” for fact

- M F 1. Babies are born with more bones than adults
- M F 2. Your funny bone is in your knee
- M F 3. Bones stop growing in your mid teens
- M F 4. Bones make both red and white blood cells
- M F 5. The bone that is broken the most often is the arm
- M F 6. Carbonated beverages are bad for your bones

- M F 7. All of the bones in your body are connected to one another
- M F 8. Of all your toes your little toe has the least bones
- M F 9. The smallest bone in your body is in your ear
- M F 10. Smoking tobacco damages your bones

http://www.webmd.com/osteoporosis/brittle-bone-breaks-15/rm-quiz-bones-myths-facts?ecd=wnl_hbn_100316&ctr=wnl-hbn-100316_nsl-ld-

Bones Myths and Facts—Answers

1. **Fact** Babies are born with about 300 bones as they grow some of the bones fuse together. Adults have 206 bones.
2. **Myth** The funny bone is a nerve located in your elbow. It runs down your upper arm and inside part of the elbow joint.
3. **Myth** In the 20's the bones stop growing. Bones continue to become more dense until early 30's.
4. **Fact** Bones make both red and white blood cells which help fight infections, carry oxygen and protein through out the body.
5. **Myth** The bone that is most frequently fractured is the collar bone followed by the hands arms that are frequently used to break falls.
6. **Myth** Carbonate soft drinks do not harm bones.
7. **Myth** Remember the song the "leg bone is connected to the knee bone". It left out the hyoid bone at the base of your tongue that is not connected to another bone.
8. **Myth** The big toe has only two bones, the rest of the toes have three bones.
9. **Fact** The smallest bone in your body is the stirrup it is located behind your eardrum. The longest and strongest one is your thigh or femur.
10. **Fact** Nicotine and other chemicals in cigarette smoke reduce calcium absorption and vitamin D levels.

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**1 cup of
milk
contains
280 mg of
calcium
190 IU of**

Keeping Bones Healthy

1. Have plenty of calcium in your diet. After 70 years of age men and women both need 1200 mg of calcium a day. In addition to dairy products almonds, canned salmon, and kale are good sources of calcium. The vitamin D requirement for people age 70 or older is 800 IU. Vitamin D is necessary for calcium absorption.
2. Physical activity such as walking, playing tennis, climbing stairs helps keep bones strong by slowing the rate of bone loss. One hundred and fifty minutes of physical activity a week is recommended.
3. Avoid substance abuse especially tobacco and alcohol. Don't smoke and limit alcohol to two drinks or less a day.
4. Bone density test called a DEXA Scan tells you what condition your bones are in.

Sources of Calcium

Plain yogurt 8oz.	415 mg	Collards 1 c.	357mg
Canned Salmon 3oz.	181mg	Tofu 3oz.	163mg
Baked beans 1 c.	154mg	Peas 1c.	94mg
Cottage cheese 1c.	138mg	Soy milk 1c.	93mg
Oranges 1 medium	72mg	Almonds 1oz.	70gm

Sources of Vitamin D

Swordfish 3oz. Ckd	*566 IU	Salmon 3oz.	447IU
Milk Vit D fortified 1c.	190IU	Tuna Fish 3oz.	154 IU
Sardines in oil 2each	46IU	Beef liver 3oz. Ckd	42IU
Cereal ready to eat 1 c.	40IU	Egg large 1	4IU

Orange juice Vit D Fortified 137 IU

Summertime Sun Shine 10,000—25000 IU in half the time it takes for you skin to turn [pinkhttps://www.vitaminandcouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs/](http://www.vitaminandcouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs/)

