

Osteoporosis Prevention Recommendations

* Take daily supplements of the following:

Calcium 1200-1500 mg per day in a divided dose
(for example, 500 mg three times daily)

Magnesium 500 mg per day

Vitamin D 2000 IU daily

Multivitamin with trace minerals once daily

* Weight bearing exercise 4-5 times weekly for 30-40 minutes each time.

* Eat calcium-rich foods such as skim milk, yogurt, cheese and green leafy vegetables (not iceberg lettuce).

* Avoid alcohol, tobacco, excess caffeine and soft drinks.

Amount of calcium in milligrams
(approx.) intake

Milk

Milk, skim, 8 ounces 302
Milk, whole, 8 ounces 291
Low-fat chocolate milk, 8 ounces 287
Buttermilk, 8 ounces 285
Breast milk, 8 ounces 79

Yogurt

Nonfat, yogurt, 8 ounces 452
Lowfat yogurt, 8 ounces 415
Lowfat yogurt w/fruit, 8 oz. 314
Frozen yogurt, ½ cup 90

Cheese

Goat cheese, hard, 1 ounce 254
Part-skim mozzarella, 1 ounce 183
American cheese, 1 ounce 174
Lowfat cottage cheese, 1 cup 155
Feta cheese, 1 ounce 140
Grated Parmesan cheese, 1 T 69

Fish

Sardines with bones, 3 ounces 370
Canned salmon with bones, 3 ounces 180

Vegetables-1 cup serving

Collards, frozen, chopped 357
Turnip greens, frozen, cooked 200
Kale, frozen, chopped 179
Broccoli, cooked 178
Okra, cooked 176
Dandelion greens, chopped, cooked 147
Mustard green, chopped, cooked 103

Other

Vegetable lasagna, 1 piece 450
Calcium fortified orange juice, 1 cup 300
Cheese pizza, 1 slice 290
Chocolate pudding, ½ cup 161
Rice pudding, ½ cup 152
Vanilla soft-serve ice cream, ½ cup 113
Chocolate soft-serve ice cream, ½ cup 106
Vanilla ice cream, ½ cup 85