



# CALCIUM & EXERCISE

**Osteoporosis** is a condition in which bones become fragile and brittle, increasing their susceptibility to fracture, as a result of calcium loss.

Osteoporosis is far more common in women, at the age of 50 years incidence is likely to be 15%, rising to 40% by the age of 80 years. In light of this, it has been estimated that more than **one-in-three women** and **one-in-six men** will suffer a fracture caused by osteoporosis during their lifetime.

For these reasons, osteoporosis is considered a major public health problem and therefore should be important not only to you, but the rest of the family.

Food/ or Beverage	Weight (g)/ Volume (ml)	Calcium content (mg)
Whole milk	200	237
Skimmed milk *	200	249
Ricotta cheese *	100	245
Cheddar cheese	30	216
Reduced fat hard cheese *	30	252
Macaroni cheese	220	374
Canned sardines with bones *	100	460
Low-fat fruit yoghurt *	150	225
Fromage frais	100	86
Milk-pudding	200	260
White and brown bread *	72	72
Wholemeal bread*	72	39
Plain scone	48	86
Muesli *	50	55
Spinach (cooked) *	90	144
Baked beans *	150	80
Peanuts	50	30
Lentils (cooked) *	40	9
Orange *	160	75
Dried apricots *	56	52
Soya milk (fortified) *	200	290

\* Low-fat options

Use the table above to work out your calcium requirements.

Age	Male	Female
8-11	800	900
12-15	1200	900
16-18	1000	1000
19-54	800	1000
54-64	800	1000

Daily requirements of Calcium (mg/day)

## Recommendations:

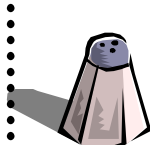
1. Aim to consume 3 serves of dairy food as part of a balanced diet.
2. Exercise (especially weight bearing, e.g. walking, running, dancing, climbing stairs) is known to benefit bone density.
3. Calcium supplements may be needed to help some reach their target.

Factors **detrimental** to bone health include:

## IN EXCESS



SMOKING



SALT



PROTEIN



COFFEE  
& TEA



COLA



ALCOHOL



CHOCOLATE