

CALCIUM-ENHANCED OSTEOPOROSIS DIET

BASIC INFORMATION

This diet is designed to prevent or minimize the loss of bone that may occur due to aging or calcium deficiency.

DESCRIPTION:

This diet plan provides at least 1500 to 1800 mg of calcium per day. A high calcium intake is achieved by increasing servings of milk and dairy products and other foods containing appreciable amounts of calcium. Excessive amounts of fiber, protein, caffeine, alcohol, and sodium may inhibit calcium absorption or increase urinary excretion of calcium and should be limited. Weight-bearing exercises increase calcium retention and are encouraged.

BASIC INFORMATION:

A high calcium diet has been found to increase retention of calcium in the bone. Several studies clearly show that a high calcium intake can help reduce the number of fractures that may occur. To achieve a high calcium diet, the regular diet can be followed with the addition of the suggestions below to boost calcium intake to 1500 to 1800 mg daily.

NUTRITIONAL ADEQUACY:

This diet is designed to provide adequate amounts of calories, protein, vitamins, minerals, and other nutrients to meet the needs of healthy adults.

FOOD LISTS:

All foods are allowed on this diet, in moderation. High-calcium foods are listed below and should be added liberally to the diet. In addition, the suggestions below can also help increase calcium in the diet.

- Add 1/3 cup to 1/2 cup nonfat dry milk to recipes for pancakes, breads, mashed potatoes, scrambled eggs, puddings, cookies, cakes, and other foods. The milk powder can be blended into the other dry ingredients (flour, sugar, etc.) or added along with the water or liquid milk.
- Substitute yogurt for sour cream or mayonnaise in recipes, dips, dressings, and toppings.
- Choose spinach, romaine, and other dark-colored salad greens instead of iceberg lettuce.
- Use milk or buttermilk instead of water to reconstitute canned soups, dry cereal such as Cream of Wheat, instant mashed potatoes, pancakes or waffles from a mix, and salad dressing mixes.
- Select pudding, frozen yogurt, ice milk, custard, or milk/yogurt fruit smoothies as high calcium snacks and desserts.
- Use calcium-fortified commercial products, such as calcium-fortified orange juice, pasta, and ready-to-eat cereals.
- Add milk or evaporated milk to coffee instead of cream. Or, for convenience, use nonfat dry milk powder rather than nondairy creamer.
- Select milk-based coffee drinks such as caffe latte, caffe au lait, or cappuccino; request nonfat milk or low fat milk to reduce total fat and caloric intake.

- Top casseroles, omelets, toast, baked potatoes, and steamed vegetables with shredded cheddar, Swiss, or mozzarella cheese for a calcium boost. Use low-fat cheese to reduce total fat intake.

FOOD GROUPS: FOODS, Mg of CALCIUM

Dairy Products: Ice Cream or Ice Milk, 1 cup: 150-250 mg

Milk,, 1 cup: 280-345 mg

Yogurt, 1 cup: 415-450 mg

Milk Shake, 10-12 oz: 250-350 mg

Nonfat Dry Milk, 2 Tbsp: 200 mg

Meats/Meat Substitutes/Fish: Clams, 3 1/2 oz: 95 mg

Sardines canned w/bones, 3 1/2 oz: 310 mg

Salmon canned w/bones, 3 1/2 oz: 225 mg

Tofu, 1/2 cup: 250 mg

Legumes/Nuts: Almonds, 1 oz: 150 mg

Brazil Nuts, 1 oz: 50 mg

Hazelnuts, 1 oz: 55 mg

Kidney/Lima Beans, cooked, 1 cup: 50 mg

Navy Beans, cooked, 1 cup: 125 mg

Pinto/Refried Beans, cooked, 1 cup: 80-100 mg

Cheeses: Mozzarella, 1 oz: 160-180 mg

Ricotta, 1/2 cup: 250-335 mg

Swiss Cheese, 1 oz: 250 mg

Parmesan, 1 Tbsp: 70 mg

Cottage Cheese, 1/2 cup: 70 mg

Cheddar Cheese, 1 oz: 145 mg

Hard Cheeses, miscellaneous, 1 oz: 190-270 mg

Vegetables: Bok Choy, cooked, 1/2 cup: 80 mg

Collard Greens, frozen, cooked, 1/2 cup: 150 mg

Kale, frozen, cooked, 1/2 cup: 90 mg

Spinach, cooked, 1/2 cup: 122 mg

Broccoli, 1/2 cup: 35 mg

Okra, cooked, 1/2 cup: 75 mg

Swiss Chard, cooked, 1/2 cup: 50 mg

Fruits: Calcium-fortified Orange Juice, 1 cup: 300 mg

Orange, 1 medium: 50 mg

Papaya, 1 medium: 70 mg

Prunes, 10: 40 mg

Rhubarb, frozen, cooked, 1/2 cup: 170 mg

Breads/Grains: Calcium-fortified Pasta, cooked, 1 cup: 300 mg

English Muffin, 1: 90-100 mg

Pancakes, 2: 100-150 mg

Tortilla, corn or flour, 1: 45 mg

Waffle, homemade, 1: 90-135 mg

Adapted from the Southwest Diet Manual, 1999