



# *Osteoporosis Month: Learn About Bone Health*

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

**November is Osteoporosis Month. In this issue, learn about the key nutrients to healthy bones and try our featured bone health recipe!**

## **Calcium**

Calcium is probably the most well-known nutrient for bone health. It's a main building block for our bones, where it keeps our bones strong but also acts as a storage to supply calcium to the rest of our body. Eating enough calcium will help maintain the storage supply without compromising our bone structure.

High calcium sources include dairy products (milk, kefir, yogurt, cheese), fortified plant based milks, canned salmon or sardines with bones, and tofu. Breads, eggs, and certain vegetables also contain calcium but in much lower amounts. Try to eat 2-3 servings of *high* calcium foods each day.

## **Vitamin D**

Vitamin D is important for helping our body absorb calcium. We can get this vitamin from the sun. However, between Canadian winters, sunscreen use, and lowered ability to make vitamin D from the sun as we age, it's important we include this nutrient from our food and supplements.

Few foods naturally contain vitamin D - fish, liver, egg yolk and fortified milk products. That's why Health Canada recommends all Canadians over age 50 to take 400IU of a vitamin D supplement each day. For individuals at risk of or with existing low bone mass or osteoporosis, more may be needed.

## **Protein, Magnesium, Vitamin K**

A well-balanced diet to include protein, magnesium and vitamin K is also beneficial for bone health.

- Protein is part of our bone structure and also helps to keep muscles strong to prevent falls and fractures. Include a protein food with all your meals and snacks, such as meats, seafood, beans, lentils, tofu, eggs, dairy, nuts and seeds.
- Half of the magnesium in our body is found in our bones. To support these levels, regularly include high magnesium sources such as pumpkin seeds, bran cereals, spinach, swiss chard, soy beans, black beans, tofu, nuts, halibut and mackerel.
- Vitamin K helps to bring calcium into the bones. There are two forms, K1 and K2, and both are important. Regularly include leafy green vegetables, chicken, cheese and fermented foods for this vitamin.



## *Smoky Lemon, Egg and Quinoa Soup*

4-6 SERVINGS

### Ingredients:

6 cups	Vegetable broth
1/3 cup	Quinoa
2 cups	Chopped kale (fresh or frozen)
1/2 cup	Diced red pepper
4	Large eggs
1/2 tsp	Lemon zest
3 tbsp	Fresh lemon juice
2 tsp	Smoked paprika
1/4 tsp	Salt
1/4 tsp	Pepper

### Directions:

1. In a soup pot, bring vegetable broth and smoked paprika to a gentle simmer. Stir in quinoa and simmer for ten minutes.
2. Stir in kale and red pepper. Simmer for 2 minutes.
3. Meanwhile, in a bowl whisk together eggs, lemon zest and juice, salt and pepper. Slowly ladle about 1 cup of the broth into the egg mixture while whisking to temper the eggs.
4. Remove soup from heat and slowly drizzle egg mixture into soup pot while stirring. Serve immediately.

### Sources:

1. Image by Life of Pix, retrieved from Pexels.
2. Osteoporosis.ca
3. Common Sources of Calcium & Vitamin D, 2023 Retrieved from Dietitian Success Centre
4. Common Sources of Magnesium & Vitamin K, 2023 Retrieved from Dietitian Success Centre
5. Recipe by Emily Richards, Professional Home Economist. Recipe and image retrieved from <https://osteoporosis.ca/recipes/smoky-lemon-egg-and-quinoa-soup/>