

High Calcium Diet to Prevent Osteoporosis

Calcium is a mineral which is an important nutrient for bone health. Getting enough calcium is essential to build strong and dense bones early in life. It keeps bones stronger and decreases our risk of getting osteoporosis later in life.



Most of the calcium is stored in our bones and teeth. We lose calcium through nails, hair, sweat, urine, feces but our body cannot produce calcium.



That's why it's important to get enough calcium through the foods we eat. When we don't consume enough calcium as our body need, then calcium is taken from our bones.

Below are some rich calcium food sources and tips to increase calcium absorption. Seek advice from registered dietitian for more details

- 1 • Include 2 serves of high calcium low fat dairy product in your daily eating plan (e.g. milk, cheese, yoghurt). 1 serve = 1 glass low fat milk = 1.5 -2 slices low fat cheese = 1 tub low fat yoghurt.
- 2 • If you are intolerable to dairy products, calcium fortified soymilk is another good source of calcium (1 serve = 1 glass), be sure to shake the container well as calcium can settle –at the bottom.
- 3 • Hard tofu bought in wet markets; fish with edible bone (e.g. sardines) are rich in calcium
- 4 • Opt for dark green vegetables; they are also sources of calcium (such as broccoli, pak Choy, kale, spinach etc.)
- 5 • Vitamin D increases the absorption of calcium into our body. Walk under sunlight for 10-15mins/day is recommended to help make vitamin D. Vitamin D is added to some brands of milk, orange juice, soymilk and cereals too.



Information by community Dietitian Ms. Nancy Lo <http://www.ucn.org.hk>



School health event – health talk, mini health check and exhibition