



OSTEOPOROSIS

and Osteopenia

Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

Goal

Self compassion and kindness towards your body

Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

WHAT IS IT?

Osteopenia- a decrease in bone mass that causes your bones to be weaker than normal. It is a stage of bone loss that occurs before the development of osteoporosis

Osteoporosis- further loss of bone mass that causes your bones to become abnormally thin, weakened, and easily broken

GENTLE NUTRITION SUGGESTIONS

Follow as you are able to

- Eat regular meals and snacks to ensure you're getting enough energy and protein to meet your body's needs
- Include food sources of calcium, which helps your body build and maintain bones. High calcium sources include dairy foods (milk, cheese, yogurt), fortified orange juice and non-dairy milks, and leafy greens.
- Vitamin D helps the body absorb calcium. Some foods contain small amounts of vitamin D, but most is made by our bodies during exposure to the sun. Talk to your doctor or dietitian about a vitamin D supplement if you don't get regular sun exposure.

**If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

OTHER RECOMMENDATIONS

- As long as you are getting enough nutrition, physical activity that causes your body to work against gravity can help increase bone strength. Choose something you enjoy! Some examples are walking, hiking, jogging, dancing, tennis, yoga, or climbing stairs. If you have been diagnosed with osteoporosis, try gentle movement that focuses on posture, balance, gait, and coordination, such as tai chi or gentle yoga
- Smoking and excess alcohol intake both increase rates of bone loss, so quitting smoking and limiting alcohol intake is suggested



TOTAL HEALTH

Health is complex and is influenced by many factors.
Not all factors are within your control.
It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



Psst..

It is not your fault for having this health condition!
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

References

Mahan KL, Raymond JL. *Krause's Food and The Nutrition Care Process, 14th Ed.* St Louis, MO: Elsevier; 2017.

Osteoporosis. Mayo Clinic website. 2016. <https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968>. Accessed February 2019.

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