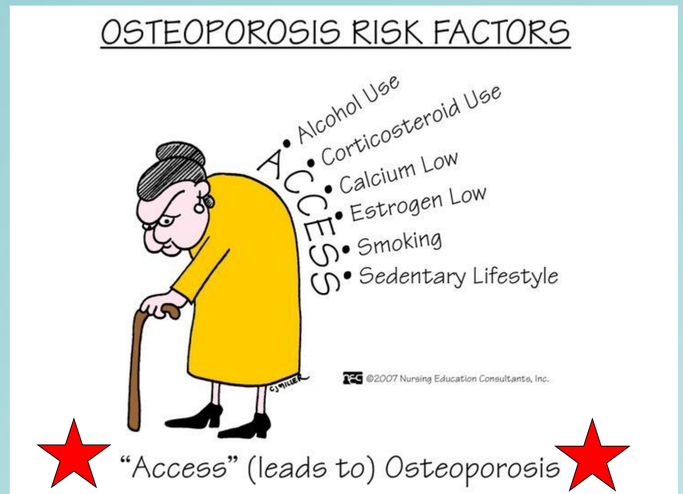
The Robert Larner, M.D. College of Medicine
THE UNIVERSITY OF VERMONT

Osteoporosis Risk Factors & Prevention

THE University of Vermont MEDICAL CENTER

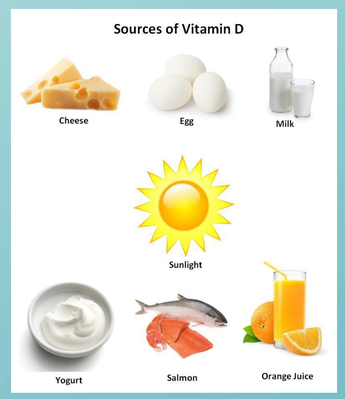


Limit alcohol use to no more than 2 drinks per day for men and no more than 1 drink per day for women.

Smoking cessation.

Adequate dietary intake of calcium and vitamin D.

Sources of Calcium	
Excellent Source of Calcium	**Good Source of Calcium**
Milk *(1% low fat or fat-free)*, Low fat buttermilk, non-fat evaporated milk *(8oz)*	**Reduced fat varieties of the following:** Mozzarella *(1 oz)*, blue *(1 oz)*, feta *(1 oz)*, cottage *(1/2 cup)*
Yogurt or Greek yogurt *(1% low fat or fat-free) (6 ounces)*	**Low fat or fat-free frozen yogurt or frozen Greek yogurt, or light ice cream** *(1/2 cup)*
Reduced fat swiss cheese or other hard cheeses *(Purchase cheeses containing 20% DV Calcium or more and 5 grams of fat or less per serving) (1 oz)*	**Kale, mustard greens, Chinese cabbage** (Pak-choi), **dandelion greens, okra, peas in pod** *(1 cup cooked)*
Ricotta cheese *(part-skim, low fat, or fat-free) (1/3 cup or more)*	**Shrimp or crab,** canned *(6 oz)*
Beans: black-eyed peas, white beans, navy beans, soybeans *(1 cup, well-rinsed)*	**Beans:** great northern, navy, white *(1 cup)*
Collards, okra, turnip greens *(1 cup cooked)*	**Figs** *(4 dried)*
Sardines, canned with bones *(3 oz include bones in recipe)*	**Tofu**, prepared with calcium *(80 grams or half a block)*
Salmon, canned with bones *(3 oz include bones in recipe)*	
Fortified Foods: Almond beverage with calcium added *(8 oz, choose low fat)*; Coconut beverage with calcium added *(8 oz choose low fat)*; Orange juice with calcium added (8 oz); Rice beverage with calcium added *(8 oz, choose low fat);* Soy beverage with calcium added *(8 oz, choose low fat*); or Cereal with 100% DV calcium added *(1/4 cup)*	**Fortified Foods:** Almond beverage with calcium added *(4 oz, choose low fat)*; Coconut beverage with calcium added *(4 oz choose low fat)*; Orange juice with calcium added (4 oz); Rice beverage with calcium added *(4 oz, choose low fat);* Soy beverage with calcium added *(4 oz, choose low fat*)



Participate in weight-bearing exercises. Examples include:

- **Walking**
- **Jogging**
- **Hiking**
- **Climbing stairs**
- **Dancing**
- **Low-impact aerobics**
- **Yoga**