



Nutrition News

Provided by Virginia Tech Dining Services

VOLUME 1, ISSUE 1

OCTOBER 2014

Fast Facts

- Aim for 3 cups of dairy each day
- The calcium DRI for adults is 1,000 mg/day
- Look for low fat dairy options
- Spend a few minutes in the sun each day to get your daily Vitamin D!

Sources of Calcium:

Milk, yogurt, cheese, Tofu, fortified OJ, ice cream, greens such as kale or spinach, & canned fish such as sardines

Information obtained from National Osteoporosis website at www.nof.org

Are you at risk for Osteoporosis?

What is Osteoporosis and why should you be concerned about it right now? Osteoporosis is a disease of the bones. It occurs when the bones begin to deteriorate and become weak increasing your risk for fractures. Often, the first sign or symptom of osteoporosis is a broken bone causing pain and may eventually lead to decreased mobility. Why should you be worried about osteoporosis now? Prevention is key. Osteoporosis is caused by a lack of calcium over time—since your body cannot produce calcium on its own, it steals it from your bones. As your bones lose calcium over time they become weaker and more brittle. To prevent osteoporosis now, you need to make sure you are consuming the Daily Recommended Intake for calcium or DRI. The DRI for adults 19-30

years old is 1,000 mg/day of calcium. MyPlate recommended adults consume about 3 cups (a total of 24 ounces) each day from the



dairy group. One 8 oz glass of milk contains about 300mg of calcium. Milk is a great source of calcium by far but what if you don't like milk? There are lots of foods with high calcium contents such as yogurt, cheese, tofu or other soy fortified foods, fortified orange juice, canned fish such

as sardines and green leafy vegetables such as kale or spinach. Vitamin D is also important when considering your osteoporosis risk. Vitamin D helps your body absorb the calcium that you consume daily. Vitamin D can be found in fortified milks and some fish such as salmon, mackerel and tuna. Another easy way to get Vitamin D—spend some time in the sunlight each day but don't forget to protect your skin! Meeting your calcium and vitamin D needs can be easy but the consequences of not following these simple suggestions can lead to a life long disease.

Follow the MyPlate guidelines to remind yourself to consume a serving of dairy at each meal.

For more information visit Virginia Tech Dining Services webpage www.dining.vt.edu

