

# CALCIUM-ENHANCED OSTEOPOROSIS DIET

(Sheet 1 of 2)

---

## PURPOSE:

A high calcium diet is indicated for patients in order to prevent loss of bone that is over and above the naturally occurring bone loss due to aging or calcium deficiency.

## DESCRIPTION:

A high calcium intake is achieved by increasing servings of milk and dairy products and other foods containing appreciable amounts of calcium. Excessive amounts of fiber, protein, caffeine, alcohol and sodium may inhibit calcium absorption or increase excretion of calcium and should be limited. Weight-bearing exercises increase calcium retention and are encouraged (with your doctor's approval).

## BASIC INFORMATION:

A high calcium diet has been found to increase retention of calcium in the bone. Several studies clearly show that a high calcium intake can help reduce the number of fractures that may occur. To achieve a high calcium diet, the regular diet can be followed with the addition of the suggestions below to boost calcium intake.

## FOOD LIST:

All foods are allowed on this diet, in moderation. High calcium foods are listed below and should be added liberally to the diet. In addition, the suggestions below can also help increase calcium in the diet. In all instances, low-fat or non-fat dairy products may be used, particularly for weight-reducing purposes and to keep the amount of fat in the diet at recommended levels.

- Add 1/3 cup to 1/2 cup nonfat dry milk to recipes for pancakes, breads, mashed potatoes, scrambled eggs, puddings, cookies, cakes and other foods. The milk powder can be blended into the other dry ingredients (flour, sugar, etc.) or added along with the water or liquid milk.
- Substitute yogurt for sour cream or mayonnaise in recipes, dips, dressings and toppings.
- Choose spinach, romaine and other dark-colored salad greens instead of iceberg lettuce.
- Use milk or buttermilk instead of water to reconstitute canned soups, dry cereal such as Cream of Wheat, instant mashed potatoes and salad dressing mixes.
- Pudding, frozen yogurt, ice milk and custard are all high in calcium.
- Double-strength milk is now appearing in grocery dairy cases; however, it can be made more cheaply by adding nonfat dry milk powder to the regular milk you buy. Blending in 1/3 cup dry milk per 1 cup liquid milk will double the calcium content and make the milk richer without altering the taste.
- Add milk or evaporated milk to coffee instead of cream. Or, for convenience, use nonfat dry milk powder rather than nondairy creamer.
- Mix lemon juice, a few drops of olive oil, crushed garlic and grated Parmesan cheese for a low-calorie, high-calcium salad dressing.
- Top casseroles, omelettes, toast, baked potatoes and steamed vegetables with a shredded cheddar, Swiss or mozzarella cheese for a calcium boost.

# CALCIUM-ENHANCED OSTEOPOROSIS DIET

(Sheet 2 of 2)

## HIGH CALCIUM FOODS (Use low-fat or nonfat products, where available)

<b>FOOD GROUPS</b>	<b>FOODS</b>	<b>Mg of CALCIUM</b>
Dairy Products	Yogurt, 1 cup Milk, 1 cup Nonfat Dry Milk, 2 Tbsp Ice Cream, 1 cup Milkshakes, 10-11 oz Ice Milk, 1 cup	415-452 mg 280-347 mg 292 mg 150-230 mg 396-457 mg 88-137 mg
Meats/Meat Substitutes/Fish	Clams, 3 1/2 oz Oysters, 3 1/2 oz Sardines w/bones, 3 1/2 oz Salmon w/bones, 3 1/2 oz Shrimp, 3 oz Tofu, 4 oz	96 mg 94 mg 354 mg 325 mg 98 mg 108 mg
Legumes/Nuts	Almonds, 1 oz Brazil Nuts, 1 oz Hazelnuts, 1 oz Beans, 1 cup, cooked	76 mg 56 mg 76 mg 90 mg
Cheeses	Hard Cheese, 1 oz Ricotta, 1/2 cup Brie, 1 oz Parmesan, 1 Tbsp Cottage Cheese, 1/2 cup	188-272 mg 337 mg 52 mg 69 mg 68 mg
Vegetables	Bok Choy, cooked 1/2 cup Collard/Mustard Greens, 1/2 cup Kale/Turnip Greens, 1/2 cup Spinach, 1/2 cup Broccoli, 1/2 cup Okra, 1/2 cup	79 mg 74 mg 90 mg 122 mg 60 mg 90 mg
Fruits	Orange, 1 medium Papaya	56 mg 50 mg
Breads/Grains	Enriched White or Wheat Bread, 2 slices English Muffin Pancakes (2) Waffle (1)	60 mg 92 mg 72 mg 179 mg

Adapted from the Arizona Diet Manual (revised 1992)