



Osteoporosis Canada

Ostéoporose Canada



COPING

'A newsletter from COPN'

March 18, 2011

Remember: You can live well with osteoporosis!

Bone Appétit: New Information on Calcium & Vitamin D **Wednesday, November 17, 2010**

This virtual forum on November 17, 2010 has now been viewed more than 200 times, testament to the high level of interest that COPN members have in nutrition, calcium and vitamin D. A number of questions were asked of the two presenters, and although many were answered during the forum time ran out before the experts were able to answer all. In this and upcoming COPING newsletters we will be providing the answers to those questions.

QUESTIONS & ANSWERS – Part 1

- 1. I like to drink warm milk, but I have heard that heating some vitamins can change them. Is vitamin D changed by heating?**

Answer: No. Vitamin D is not changed by heating. Hot milk (as in hot chocolate) will give you the same amount of vitamin D as the same amount of cold milk.

- 2. Does taking a calcium supplement together or close to the time of drinking coffee have any effect?**

Answer: For general health, it is recommended to limit your intake to 3 to 4 cups of caffeinated beverages per day. For some individuals, even this amount of caffeine may cause symptoms such as palpitations or insomnia. Taking a calcium supplement together with a coffee does not affect the absorption of the calcium. Consuming too much caffeine can increase the amount of calcium lost from the body through the urine, but studies do not convincingly show any effect of caffeine on the risk of fracture.

3. Does harder cheese have more calcium?

Answer: Yes, harder cheeses, like cheddar, contain less water. Less water means more concentrated nutrients (like protein and calcium), and therefore more calcium per bite.

4. I am 65 years old. I am lactose intolerant and I have low bone density. I take 1500 mg of calcium through supplements and 3000 IU of vitamin D every day. Is this OK?

Answer: The recommended total amount of calcium for adults age 50 and up is 1200 mg a day, preferably from diet. The amount of calcium a person needs is not affected by their bone density test results. People with normal bone density and people with osteoporosis need the exact same amount of calcium if they are within the same age group. If you do not get enough calcium in your diet, you may need to take a calcium supplement. Remember that the total amount of recommended calcium of 1200 mg (for those over 50) is intended to include the calcium you get from your diet as well as from your supplements. Everyone gets at least 300 mg of calcium from their diet (even vegans) even if you don't consume dairy products, because there is a small amount of calcium in most of our foods. That means that people over 50 need an additional 900 mg of elemental calcium through foods containing a high content of calcium (such as dairy products or fortified orange juice, soy beverage, almond or rice beverage). If you consume 3 or more servings of dairy or other high calcium content foods per day, that covers it and you probably don't need to take any additional calcium supplements. Even though you are lactose intolerant, you can still get enough calcium in your diet from lactose free milk, calcium fortified orange juice, soy beverage, almond or rice beverage, canned salmon or canned sardines with the bones etc. I would recommend going to the Osteoporosis Canada (OC) website (www.osteoporosis.ca) and using the "Calculate My Calcium" tool (blue button on the right hand side) to find out how much calcium you are consuming through your diet. If you cannot get enough calcium through foods alone, a combination of food sources and supplements is recommended. Take only enough calcium supplements to consume a total amount of calcium that is close to your daily recommendation of 1200 mg.

Taking more than the recommended calcium from *dietary sources* is not harmful, but going overboard with calcium *supplements* can be harmful. It can increase the risk of kidney stones, heart problems, prostate cancer in men, constipation and gastric upset. With respect to Vitamin D, Osteoporosis Canada recommends:

- every healthy adult under age 50 should take a vitamin D supplement of 400-1000 IU per day

- every adult over age 50 should take a vitamin D supplement of 800-2000 IU per day
- adults under age 50 who have significant medical conditions that put their bones at risk or that interfere with vitamin D should take a vitamin D supplement of 800-2000 IU a day

Vitamin D doses greater than 2000 IU per day should only be taken under the supervision of a physician. Please be sure you discuss your vitamin D dose with your physician if it exceeds the upper safe limit recommended by Osteoporosis Canada, as yours does.

5. Can you speak about almond beverage? I am unable to tolerate protein from cow's milk and soy beverage.

Answer: If you are not able to tolerate protein in milk or soy you need to look at other food groups for sources of calcium. Health Canada does not consider almond beverage to be nutritionally equivalent to cow's milk as it does not contain protein or calcium unless it has been fortified. Some almond beverage products are fortified with some calcium, as are some rice beverages. Always read the nutrition labels carefully to be sure. Another alternative for you may be goat's milk. In this particular situation, a registered dietitian can help.

Tomato, Cheese & Chickpea Salad

A Recipe from our Sponsor, Dairy Farmers of Canada

Makes 4 servings

What you need:

- 2 cups (500ml) cherry tomatoes, halved
- 1 cup (250ml) each yellow and orange bell peppers, diced
- 3 ½ oz (100g) each Mozzarella and Feta, diced
- 2 cups (500ml) canned chickpeas, drained
- 2 shallots, finely chopped
- ¼ cup (60ml) chopped fresh basil
- ¼ cup (60ml) fresh lemon juice
- 2 tbsp (30ml) olive oil
- Salt
- Pepper

Preparation:

Place cherry tomatoes, peppers, cheeses, chickpeas, shallots, and basil in a salad bowl. Whisk together lemon juice and olive oil. Mix gently into salad. Season to taste.

For nutritional information and the latest tips please visit:

<http://www.nutrition2011.ca/en/main-dishes/tomato-cheese-and-chickpea-salad>

Bone Healthy Nutrition - Calcium, Vitamin D, and so much more Wednesday, March 23, 2011 2:30 p.m. to 4:00 p.m. ET

Register online TODAY! Space is limited.

How to register:

1. <http://www.meetview.com/oc20110323>
2. Click on "Enter Webcast Lobby" at the top of the page
3. Enter your First Name, Last Name, Email Address and Postal Code
4. Click on "Register"

Time Zones

PT: 11:30 a.m. to 1:00 p.m.
MT: 12:30 p.m. to 2:00 p.m.
CT: 1:30 p.m. to 3:00 p.m.
ET: 2:30 p.m. to 4:00 p.m.
AT: 3:30 p.m. to 5:00 p.m.

Funny Bone – In honour of St. Patrick's Day...

Knock Knock
Who's there?
Irish!

Irish you a happy St. Patrick's Day!

Notices/references

i. Remember: It is important for you to eat a calcium rich diet (take calcium supplements, if necessary), get some appropriate exercise, take your vitamin D and if your doctor has prescribed a medication don't forget to take it as directed.

ii. COPING Weekly will come to you every second Friday. We hope you enjoy it and find the information useful. Remember to log on to www.osteoporosis.ca for up-to-date information.

iii. The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any healthcare-related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.

iv. To have your name removed from the COPN mailing list please contact us at the email below.

You must provide the first and last name for which you registered in order to be removed from this list.

[<cPatientNetwork@osteoporosis.ca>](mailto:cPatientNetwork@osteoporosis.ca)

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NUTRITION

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