



Osteoporosis Canada

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COPING

'A newsletter from COPN'

August 5, 2011

Remember: You can live well with osteoporosis!

Did you know that COPN has signed a Statement of Cooperation with the Dartmouth Osteoporosis Multidisciplinary Education (DOME) Committee to share any information produced for the purpose of educating, informing or otherwise supporting individuals affected by osteoporosis? A collaborative effort between COPN and DOME will ensure a more efficient and cost-effective service to patients. As a result, excellent articles such as the one that follows on "*Tips for Increasing Calcium Intake*" are readily available for inclusion in COPING. Our thanks goes to the team at DOME for this very helpful guide to getting the right amount of calcium in our diets.

Tips for Increasing Calcium Intake

Milk and dairy products are the best sources of calcium and are also high in protein, another important bone nutrient.



- Use milk in soups.
- Use milk instead of dairy whiteners in coffee and tea.
- Make hot cereal with milk instead of water.
- Have a milkshake or yogurt as a snack.
- Try using calcium fortified milk.
- Drink milk with meals and snacks instead of other beverages.
- Try chocolate milk, hot chocolate made with milk or "café au lait".
- Choose desserts made with milk: puddings, custards, tapioca, yogurt.
- Try dishes made with milk: quiche, cheese soufflé, pastas made with milk based sauces.
- Make high calcium milk by doubling the amount of skim milk powder. Use this milk for baking, as a beverage, in soups and puddings, in beef patties and meatloaf, in milkshakes etc.

Cheese

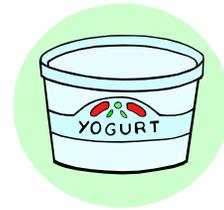
- Add cheese to casseroles, sandwiches, burgers and salads (grated, sliced or cubed).
- Use homemade cheese sauce on broccoli or cauliflower.



- Make snacks of cheese and crackers or celery sticks with cheese.
- Place cheese on your toast at breakfast.
- Melt cheese on popcorn or tortilla chips.

Yogurt

- Spread yogurt on pancakes.
- Mix yogurt with your cereal.
- Dip fruit pieces in your favourite yogurt. You can sweeten plain yogurt with a little honey for an easy & delicious fruit dip dessert.
- Dress up desserts with plain or fruit yogurt.
- Add your favourite spice to plain yogurt and use it on a baked potato, as a vegetable dip or as a substitute for mayonnaise.



Milk Powder

- Add 1-2 Tbsp of milk powder to hot cereals.
- Add ½ cup milk powder to mashed potatoes or meatloaf.
- Add 2 Tbsp milk powder to muffin, cake and cookie recipes.
- Add ¼ - ½ cup milk powder to homemade milkshakes.



Other

- Use canned salmon (including bones) in sandwiches, salads and casseroles.
- Canned sardines with the bones are also high in calcium
- Add almonds or quinoa to salads, stir-fries, desserts, breakfast cereals etc.
- Try using calcium fortified orange juice



If you are lactose intolerant you may still be able to eat some dairy by taking.....

- Small amounts of milk with other foods
- Lactose reduced milk
- Drops or tablets to break down the lactose found in milk
- Firm cheese or yogurt
- Commercial supplements that are lactose free
- Soy milk or orange juice that is fortified with calcium
- Rice milk or almond milk that is fortified with calcium
- Lactose-free cheese

If you need more help about lactose intolerance, see a dietitian.

If you have a milk allergy or choose not to drink milk, try taking.....

- Soy beverages fortified with calcium carbonate instead of those fortified with tricalcium phosphate, because calcium carbonate is better absorbed.
- Rice milk fortified with calcium and vitamin D.
- Veggie cheese slices fortified with calcium.
- Rice hard cheese fortified with calcium.
- Soy based yogurt (check labels for calcium content).
- Use calcium fortified tofu in stir-fries, salads, smoothies, cheese cakes etc.
- Low oxalate greens – bok choy, broccoli, Chinese flower cabbage leaves, Chinese mustard greens and kale.
- Almond milk (fortified with calcium and vitamin D)
- Calcium fortified orange juice
- Canned salmon or canned sardines including the bones

If you are concerned about the fat or cholesterol content in dairy, try taking.....

- Skim milk
- 1% or 2% cottage cheese
- Low fat yogurt
- Low fat cheese

Healthy Eating Helps You Have Healthy Bones!

Acknowledgement: This article – Tips for Increasing Calcium Intakes - comes to us courtesy of the Dartmouth Osteoporosis Multidisciplinary Education (DOME) Program.

Funny Bone – Living on earth is expensive, but it includes a free trip around the sun each year.

Notices/references

i. Remember: It is important for you to eat a calcium rich diet (take calcium supplements only if necessary and after consulting with your doctor), 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 or call us toll-free at 1-800-463-6842 to speak with an information counsellor about your questions and concerns.

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.

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