

Bone Health

Nutrition Fact Sheet

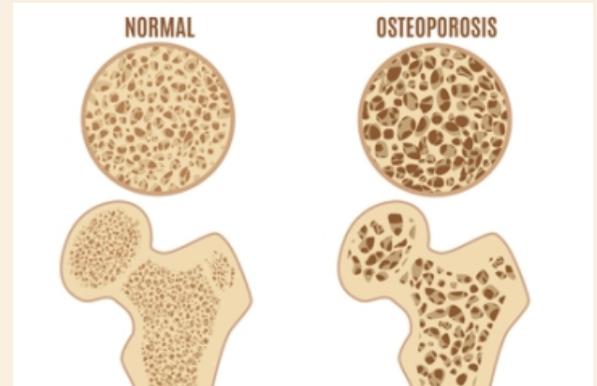


Importance of Bone Health

People living with HIV have been shown to have low bone mass and low bone mineral density. These conditions result in weak and brittle bones that are more likely to break. You can improve the health of your bones through the foods you eat and with regular exercise.

Calcium, Vitamin D, Phosphorous

These are needed to keep your bones strong and healthy. Eat foods rich in these nutrients every day to prevent bone loss and to maintain bone health.



Calcium: Recommended Daily intake for Adults age 19 to 50 is 1000mg per day

Food	Serving Size	Calcium
Fortified Cereals	2/4 - 1 1/3 cup	1000 mg
Cheese	1 - 1 1/2 cup	306-669 mg
Yogurt	1 cup	452 mg
Fortified Orange Juice	1 cup	349 mg
Fortified Soy Milk	1 cup	299 mg
Almond milk, unsweetened	1 cup	442 mg

Vitamin D: Recommended Daily Intake for Adults age 19 up to 70 is 600 IU

Food	Serving Size	Vitamin D
Fish: salmon, mackerel, tuna	3 oz	154-447 IU
Fortified Milk	1 cup	115 IU
Fortified Cereal	1 cup	100 IU
Fortified Orange Juice	3/4 - 1 cup	100 IU
Eggs (Vit D in yolk)	1 large egg	41 IU
Soy Milk	1 cup	119 IU
Mushrooms, raw	1 cup	114 - 1110 IU

5–30 minutes of sun exposure between 10AM and 3PM twice a week to the face, arms, legs, or back without sunscreen can help meet your vitamin D requirement. Individuals with limited sun exposure need to include good sources of vitamin D in their diet and/or take a supplement to achieve recommended levels of intake. Check with your physician regarding vitamin D levels since certain HIV medications appear to lower vitamin D levels.

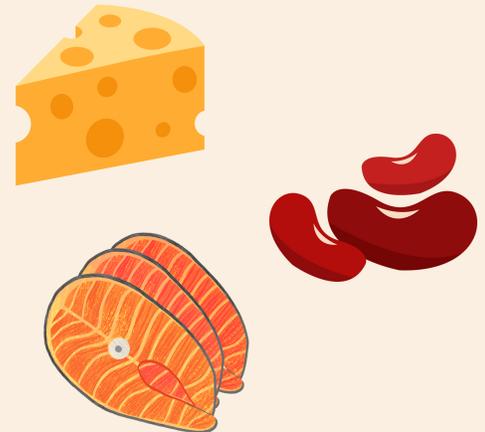
*Women 51 years of age and older should increase their dosage to 1200mg per day

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Phosphorus: Recommended Daily Intake for Adults age 19 to 70 is 700 mg per day

Food	Serving Size	Phosphorus
Fish: Salmon, halibut, sole	1/2 fillet	196 - 456 mg
Cheese	2 cup	303 - 450 mg
Sunflower seeds	1/4 cup	370 mg
Yogurt and milk	8 oz	356 mg
Beans	1 cup	202-216 mg
Chicken breast	1/2 breast	196 mg



Phosphorus deficiency is not a concern in the American diet. However, speak to a physician if you are on a phosphorus restriction.

Physical Activity

Regular physical activity is an important part of bone health. Bones become stronger the more you use them. The following aerobic and weight-bearing activities can help keep your bones strong:

- Walking, Running, Jogging
- Dancing
- Soccer
- Tennis
- Weight Lifting



Adults should aim for 150 minutes of moderate-intensity aerobic activity per week and muscle strengthening activities at least 2 days per week. You can break up your activity into smaller chunks of time. Try going for a 10-minute brisk walk, 3 times a day, 5 days a week.

Facts to remember...

- Eat foods rich in calcium, vitamin D, and phosphorus daily
- Talk with your doctor about supplements if you are not getting enough of these nutrients from food
- Engage in regular physical activity focusing on weight-bearing activities
- Limit alcoholic drinks to less than two drinks a day
- Avoid smoking

Alcohol and Smoking

Alcohol and smoking can negatively affect bone health and increase the risk of bone fractures. Regularly having more than two alcoholic drinks a day increases the risk of thinning bones (osteoporosis) because alcohol can interfere with your ability to absorb calcium. A “drink” is 12 oz of beer, 8 oz of malt liquor, 5 oz of wine, or 1.5 oz (a shot) of 80-proof distilled spirits or liquor. Smoking is also a risk factor for osteoporosis and bone fractures. The longer you’ve been a smoker and the more cigarettes you smoke, the greater your risk of fractures in older age.

For more information or fact sheets contact:

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