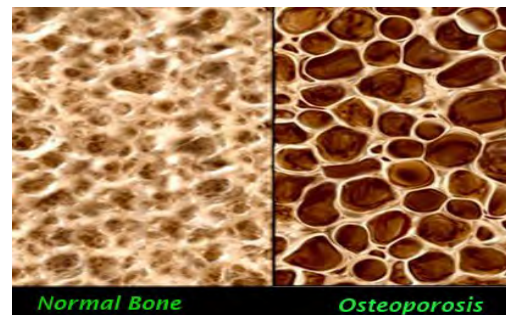


Bone Health

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, and phosphorous 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 1000 mg per day

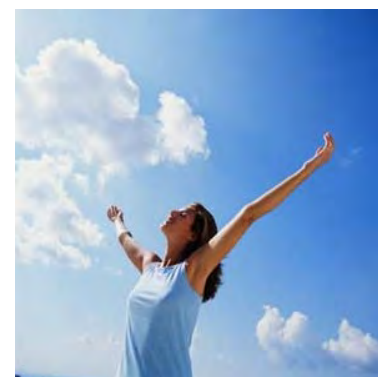


Calcium Sources	Serving Size	Mg of Calcium
Fortified Cereals: Cornflakes, Raisin Bran, and Total	3/4 - 1 1/3 cup	1000
Ricotta Cheese, part skim milk	1 cup	669
Cheddar Cheese, shredded	1 1/2 oz	306
Yogurt, plain, skim milk	1 cup	452
Fortified orange juice	1 cup	300
Milk (2%, 1%, non-fat)	1 cup	306
Spinach; frozen, cooked	1 cup	291
Baked beans	1 cup	142

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

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

Vitamin D Sources	Serving Size	IU of Vitamin D
Fish, Salmon, sockeye, cooked	3-oz	447
Mackerel, cooked	3-oz	388
Tuna, light, canned in water	3-oz	154
Fortified Milk (2%, 1%, non-fat)	1 cup	115
Fortified Raisin Bran, Total	1 cup	100
Fortified Orange Juice	3/4 - 1 cup	100
Beef, liver, cooked	3-oz	42
Eggs (vitamin D found in yolk)	1 large egg	41



Under the right circumstances, approximately 5–30 minutes of **sun exposure** between 10 AM and 3 PM at least twice a week to the face, arms, legs, or back without sunscreen can help meet your body's **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.

For more information or fact sheets contact:

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

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

Phosphorus Sources	Serving Size	Mg of Phosphorus
Fish, Salmon, sockeye, cooked	1/2 fillet	491
Halibut, cooked	1/2 fillet	456
Sole, cooked	1/2 fillet	196
Cheese, Ricotta, part skim milk	1 cup	450
Cottage cheese, lowfat, 1%		303
Seeds, sunflower, dry roasted	1/4 cup	370
Yogurt, plain, skim milk	8 oz	356
Beans, Chickpea/Garbanzo, canned	1 cup	216
Lima, frozen, cooked		202
Chicken, breast, no skin, cooked, roasted	1/2 breast	196

Physical Activity

Regular **physical activity** is another 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 or 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 spread your activity out during the day by breaking it up into smaller chunks of time. Try going for a 10-minute brisk walk, 3 times a day, 5 days a week.



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 the body's ability to absorb calcium.

A “drink” is considered 12 ounces of beer, 8 ounces of malt liquor, 5 ounces of wine, or 1.5 ounces or a “shot” of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, or whiskey).

Smoking has also been identified as 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.

Facts to Remember to Keep your Bones Healthy:

- Eat foods rich in calcium, vitamin D, and phosphorus every day
- 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

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