

# Nutrition News

## Information for Senior Citizens

Developed by Colorado State University Extension  
Department of Food Science & Human Nutrition

### The Milk, Yogurt, and Cheese Group - Why is it important?

Milk, yogurt and cheese are the best sources of calcium for your body. MyPyramid suggests 3 servings per day from this group. One serving is:



- 1 cup of milk or yogurt
- 1½ ounces natural cheese
- 2 ounces processed cheese

Calcium is important for the health of your bones. In fact, your bones provide a kind of “storage depot” for calcium. When you don’t get enough calcium in your diet, your body takes calcium from your bones, leaving tiny pores. Over time, these tiny pores weaken your bones making them prone to fracturing.

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### How Much Calcium Do I Need?

People over the age of 50 need 1200 mg of calcium per day. To help you reach your goal, the calcium content of some calcium rich foods are listed in the table below.

Calcium-Rich Food	Calcium, mg
1 c. milk	300
1 oz. cheddar cheese	204
1 oz. American cheese	174
1 oz. mozzarella cheese	207
½ c. cottage cheese	77
½ c. ricotta, part skim	334
1 c. plain yogurt	415
1 c. fruit yogurt	343
½ c. ice cream	88
½ c. chocolate pudding	133
3 oz. salmon, with bones	180
3 oz. sardines, with bones	325
6 - 9 oysters	113
1 c. broccoli	72
½ c. turnip greens, cooked	126
½ c. collard greens, cooked	179
1 c. dry beans, cooked	90
4 oz. tofu, calcium added	145
1 c. calcium-fortified orange juice	200

## Straight Talk about Osteoporosis

Osteoporosis literally means “porous bones.” It is a disease characterized by low bone mass and deterioration of bone tissue. It greatly increases your risk of bone fractures, especially of the hip, spine, and wrist.

Osteoporosis affects 20 to 30 percent of women over the age of 60. In addition, it is estimated that 55% of people over the age of 50 have low bone mass, which puts them at an increased risk of developing osteoporosis.

Osteoporosis is often called the “silent disease” because it occurs without symptoms. Many people do not know that they have osteoporosis until their bones become so weak that they fracture.

Osteoporosis most often develops in small-framed women between the ages of 40 and 50. This is because they have lower initial bone mineral content at the onset of maturity compared to men or large-framed women. Other factors that increase your risk of osteoporosis include:

- Family history
- Removal of ovaries at an early age
- Inadequate intake of calcium
- Hormonal imbalances
- An inactive lifestyle
- Cigarette smoking
- Excessive alcohol intake

A bone density test is used to diagnose osteoporosis. It is safe, non-invasive, painless and relatively low in cost. It is useful to detect osteoporosis before a fracture occurs and can predict your chances of fracturing a bone in the future.

## Treatment of Osteoporosis

A treatment plan for osteoporosis should focus on nutrition, exercise and the prevention of falls.

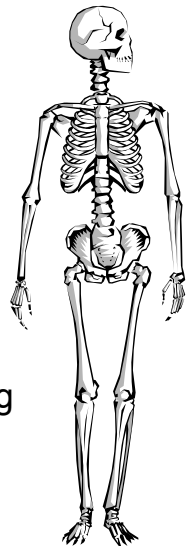
**Nutrition:** Calcium and vitamin D are important for strong bones. Use the information on the first page of this newsletter to help you choose foods to ensure that you get enough calcium in your diet.

Vitamin D helps your body absorb the calcium in the foods you eat. You get vitamin D from the sun or from dietary sources such as fortified milk, fish and egg yolks. Many people can get all of the vitamin D they need from the sun. However, as you get older vitamin D production decreases, and therefore dietary sources become more important.

**Exercise:** Exercise not only makes your bones stronger, but it increases your muscle strength, balance and coordination. The best kind of exercise for your bones is weight-bearing exercise such as walking, hiking, stair-climbing, weight training, and dancing.

**Fall Prevention:** Falls can increase your chances of fracturing a bone. Follow the tips below to help prevent falls.

- Use a cane or walker to increase your stability.
- Walk on grass when sidewalks are slippery.
- Keep rooms free from clutter.
- Don't wear shoes with high heels.
- Use handrails when going up and down stairs.
- Use a rubber mat in the shower.



## Sample Menu

### Breakfast

- 2 pouched eggs
- 1 oz. lean ham
- 1 piece whole wheat toast with 1 tsp jam
- 1 cup calcium-fortified orange juice

### Snack

- 1 cup fruit yogurt

### Lunch

- 1 piece veggie pizza
- 1 cup tossed salad with spinach
- 1 tablespoon light salad dressing
- 1 medium apple
- 1 cup skim milk



### Snack

- 1 oz cheddar cheese
- 3-4 small crackers

### Dinner

- Tofu Vegetable Stir-Fry
- 1 whole wheat dinner roll
- 1 tsp butter or margarine
- ½ cup low-fat ice cream

**Total = 1206 mg calcium**

### Quick Tip:

**Try a glass of water before reaching for a snack – you may not be hungry, just thirsty.**

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## Tofu Vegetable Stir-Fry

### Ingredients:

- |                               |  |
|-------------------------------|--|
| 1 Tbsp vegetable oil          | 1 cup zucchini, cut in 3-inch strips   |
| 1 cup (8 oz) firm tofu, cubed | 1 cup red pepper, cut in 3-inch strips |
| 1 clove garlic, minced        | ½ cup low-salt chicken broth           |
| ¼ tsp ground ginger           | 2 tsp cornstarch                       |
| 1 small onion, thinly slices  | 1 tsp low-sodium soy sauce             |
| ½ cup fresh mushrooms, slices | 2 cups hot cooked brown rice           |

### Directions:

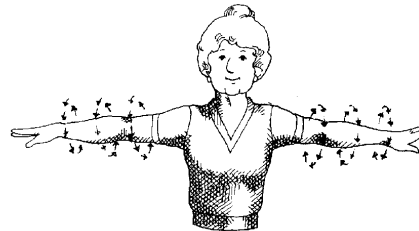
1. Heat oil in skillet. Add tofu and stir-fry gently until browned. Remove tofu and set aside.
2. Add garlic, ginger and vegetables, stir-fry 2 minutes.
3. Add ¼ cup broth, cover and cook 3-5 minutes until crisp-tender. Remove vegetables and set aside.
4. Combine cornstarch, soy sauce and remaining broth in skillet, stir constantly until mixture is thickened and clear.
5. Add vegetables and tofu. Toss lightly until heated through.
6. Serve over rice.

**Yields 2 servings (250 mg calcium per serving)**

## Fitness Focus: Strengthening Bones

It's odd but true that stressing the bones makes them stronger. Walking, jogging, cycling, and lifting weights all cause stress to large bones, and the body responds by sending calcium to strengthen them. Strength-building exercises have other advantages, too. They keep your muscles strong and toned so you can stay active. Some exercises can temporarily raise blood pressure, however. Be sure to check with your doctor before starting any exercise program.

1. **Arm Circles:** *to strengthen shoulders and upper back.* Sit or stand erect with arms at sides, elbows straight, head high. Rotate arms from shoulders in small circles. Repeat 10 forward, 10 backward.



2. **Arm Curl:** *to strengthen arm muscles.* Use a weighted object such as a book or a can of vegetables (not more than 5 pounds). Stand or sit erect with arms at sides, holding weighted object. Bend your arm, raising the weight. Lower it. Repeat 10 - 15 times each arm.



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### Senior Resource: How to apply for Food Stamps

Pick up an official Food Stamp application form from your local Social Security office or local Food Stamp office. Complete the form and return it to your local food stamp office.

When you return your application be sure to bring the following items:

- Some form of identification that shows your name and address.
- Proof of the Social Security number for you and other members of your household.
- Proof of earnings or other income, such as Social Security benefits or a pension, for each household member.
- Medical bills for those ages 60 or over or for those getting Supplemental Security Income (SSI) or Social Security disability benefits.
- Proof of shelter costs, such as rent or mortgage, heating and/or cooling costs, taxes and insurance.

For more information and to find out if you or someone you know qualifies for food stamps, call 1-800-221-5689.