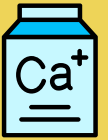


# 6 Tips for Optimal Bone Health



## FOLLOW A STRICT GF DIET

Untreated celiac disease can reduce the absorption of nutrients in the intestine including dietary calcium and vitamin D. The result? Increased bone loss. Following a strict gluten-free diet will ensure that you are able to absorb all of your nutrients appropriately.



## MEET YOUR CALCIUM NEEDS

Adults under 50= 1000mg/ day  
 Adults over 50= 1200mg daily  
 Total daily calcium = calcium from diet + calcium from supplements.  
 Avoid bone meal or dolomite supplements.  
 1 Cup fortified OJ = 3000mg  
 1 cup milk/ fortified alternative = 300mg  
 1/2 cup almonds=186mg



## MEET YOUR VIT D NEEDS

Vit D increases calcium absorption by 30%  
 From October to April the sun is not strong enough to make Vitamin D in our skin, so we need to get it from diet or supplements.  
 4-8 yrs= 600IU  
 9-18= 600IU  
 19-50= 400-1000IU  
 50+= 800-2000IU



## EAT ENOUGH PROTEIN

Protein helps to build and repair bones and gives bone its strength and flexibility.  
 Daily protein needs= 0.8-1.0g/ kg / body weight.  
 75g chicken= 20g protein  
 3/4 cup lentils= 17g protein  
 3/4 cup greek yogurt = 14-18g protein



## GET ENOUGH EXERCISE

People who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts.  
 Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.



## LIMIT ALCOHOL AND DONT SMOKE

Smoking adds to bone loss. Don't smoke.  
 If you are a woman, avoid drinking more than one alcoholic drink each day. If you are a man, avoid drinking more than two alcoholic drinks a day.

# BONE HEALTH AND CELIAC DISEASE

## 6 Tips for Optimal Bone Health

### FOLLOW A STRICT GF DIET

Celiac disease can reduce the absorption of nutrients from the intestine including dietary calcium and vitamin D. The result is lower levels of calcium and vitamin D, which can increase bone loss. Following a strict gluten-free diet will ensure that you are able to absorb all nutrients appropriately.



### MEET YOUR CALCIUM NEEDS

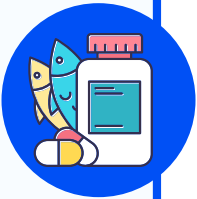
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Adults over 50= 1200mg daily  
Total daily calcium = calcium from diet + calcium from supplements.  
Avoid supplements made from bone meal or dolomite.  
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### MEET YOUR VIT D NEEDS

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