

Fall 2016 Nutrition Newsletter

Building Better Bones

Warding off osteoporosis and osteopenia is something most do not think about until their mid-sixties but more scientific research is showing we need to put interventions in place throughout the lifespan to ensure healthy bone development and maintenance. Read below to find out some of the latest recommendations for maintaining proper bone density

Strength Training: Living a sedentary lifestyle is considered a risk factor for developing osteoporosis. Maintaining a consistent exercise plan is a great way to keep your bones strong. Cardio has been long touted for its beneficial impact on maintaining bone density, but strength training can also assist with this as well. Another benefit to weight training, especially for seniors, is working on your strength and balance will help reduce the risk of falls. So make sure weight training is incorporated with your aerobic routine for maximum benefit to protecting your bone health.



Foods high in Calcium AND Vitamin D: Calcium and Vitamin D both work together in bone development before the age of 30 and then bone maintenance for the rest of our lives. Most professionals recommend getting calcium and vitamin D from both supplements and foods to ensure adequate intake. Check with your physician before supplementing with these micronutrients but start adding more in from whole food sources. Dairy is extremely high in calcium but there are other dietary sources including canned sardines. Vegetarian sources for calcium include broccoli, deep greens like collards, kale, mustard greens, fortified soy milk and okra. Outside of fatty fish, milk and fortified foods, Vitamin D is difficult to get in large quantities from dietary sources, which is why a supplement is often recommended.



3. Do Not Forget about Magnesium: Magnesium has a large role in bone health. Magnesium helps support the thyroid in its production of hormones like calcitonin which act to preserve bone density. Found in multiple foods including spinach, mixed nuts and seeds, sweet potatoes, tofu, and artichokes magnesium is essential to preventing the breakdown of bone so aim to include a serving of at least two foods high in magnesium on a routine basis.



4. Quit Smoking and Moderate Alcohol: Add this to the list of reasons to give up smoking! Multiple studies have shown smoking's negative effect on bone health due to cigarette smoke interfering with the absorption of calcium. Alcohol only negatively effects bone health if done in excess of moderation (which is two drinks per day for men and one drink per day for women). Excessive alcohol intake can interfere with the metabolism and action of vitamin D which is critical for maintaining bone health and preventing bone loss.

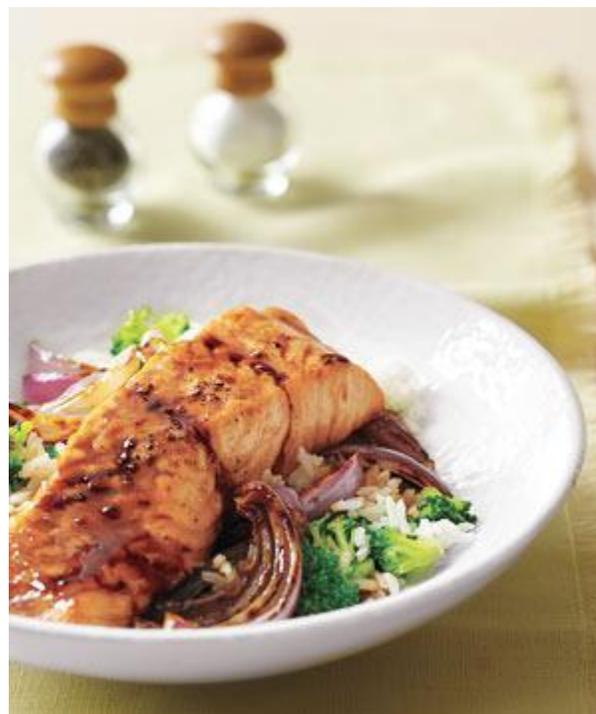


GLAZED SALMON & BROCCOLI RICE

ADAPTED FROM WWW.REALSIMPLE.COM

INGREDIENTS

- 1/4 cup brown sugar
- 2 tablespoons low-sodium soy sauce
- 1 cup long-grain white rice
- 1 head broccoli, florets only, chopped (about 2 cups)
- 4 pieces skinless salmon fillet (1 1/4 pounds total)
- 1 large red onion, cut into 1/4-inch-thick wedges
- 1 tablespoon olive oil
- kosher salt and black pepper



DIRECTIONS

- Heat broiler. In a small bowl, combine the sugar and soy sauce. Set aside.
- Cook the rice according to the package directions, stirring in the broccoli during the last 3 minutes.
- Let the rice and broccoli stand off the heat until the broccoli is tender, about 5 minutes. Fluff with a fork.
- Meanwhile, place the salmon and onion on a rimmed baking sheet. Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Broil until the salmon is opaque throughout, 8 to 10 minutes, spooning half the soy sauce glaze over the fish during the last 2 minutes of cooking.
- Serve the salmon and onion with the rice and the remaining glaze.