

Keeping Your Bones Healthy

Looking after your bones makes your body stronger. Healthy bones are less likely to break or fracture, and they help your body heal after you've hurt yourself. It also means you're less likely to get *osteoporosis*.

What is Osteoporosis?

Osteoporosis is a bone disease where your bones are weaker and more likely to break. It happens most to older women, but it can still happen to younger people and men.



How do I keep my bones healthy?



Eat more things with Calcium in them
(turn page over for some examples).



Get some sunlight
Vitamin D from sunlight helps your body make strong bones.



Exercise more often
By doing more exercise, especially *weight-bearing* exercises such as walking, your bones become much stronger.



Limit Salt Intake
Diets high in salt cause the body to lose calcium.



Cut back on alcohol
Having more than 2 alcoholic drinks in a day makes it harder for your body to use the Calcium & Vitamin D you get.



Quit smoking
Smoking can lead to weaker bones that are more likely to fracture. It also means it can take longer for your bones to heal.

Which foods have calcium in them?

Dairy products are the best way to get calcium.
So try to eat lots of



Milk*



Cheese



& Yoghurt



(*Milk just in cereal is not enough)

Other non-dairy foods that have calcium in them include:

Soy Milk

Breakfast Cereal (*fortified*)

Canned Fish

Dried Apricots

Almonds

Oranges

Tofu

Leafy Green Vegetables

Beans & Lentils

What if dairy foods make me feel sick?

Some people are *lactose intolerant* and their body has trouble digesting dairy foods. If you can't have dairy then you can try:



Soy products (*calcium fortified*)

You can get milk, cheeses, yoghurt and ice cream made from soy milk, so you won't feel sick.



Other foods with calcium

Have more of the non-dairy foods mentioned above. You can also ask your doctor or health worker about some different foods if you want ideas.



Calcium supplements

You can talk to your doctor or health worker if you think you might need tablets that help give you Calcium.



Eating bones

Eat the bones in tinned fish (e.g. salmon).

For more information contact us at **Womens Health Services**

100 Aberdeen Street, Northbridge WA 6003

Phone: (08) 9227 8122

Email: info@whs.org.au

Or visit our website www.whs.org.au



The Aboriginal Healthy Women Program is a partnership project of Womens Health Services, and the Department of Health, Western Australia.

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