Did you know?
Over 1 million Australians have osteoporosis.
It is most common in adults over 50.
Regular weight-bearing and strength-training activities encourage bone density and help with balance, reducing the risk of falls.

Osteoporosis is a condition which causes your bones to become weak, brittle and porous. This bone structure leads to a higher risk of breaks than in normal bone. Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them.

Some diet-related risk factors include:
· not having enough calcium in your diet
· not getting enough Vitamin D throughout the day
· not having enough Vitamin B12
· eating too much protein
· having too much salt in your diet
· excessive amounts of alcohol, and
· eating disorders.

Do:
- Aim to have 2.5 - 3 serves of dairy every day (or 4 serves for women above the age of 50).
- Aim to have 2 serves of fruit and 5 serves of vegetables. Fruit and vegetables have potassium, magnesium, and Vitamin K which help maintain bone integrity.
- Aim to have 2-3 hours per day of sun exposure during the cooler seasons and a few minutes per day in summer, to absorb adequate amounts of Vitamin D.
- Swap to green tea instead of coffee; it has a natural chemical called polyphenols, which helps to keep bones strong.
- At least 30 minutes of physical activity per day, as this helps with bone mass.
- Make sure to get enough Vitamin B12 as it helps with bone formation. The best sources are eggs, meat, seafood, poultry, milk and milk products.

Don't:
- Eat too much salt as this can lead to bones losing density.
- Drink too many caffeinated drinks; too much caffeine can stop the absorption of calcium.
- Consume excessive amounts of alcohol.

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