

4. **Decrease caffeine intake.** Decrease intake of coffee, tea and caffeinated soft drinks to minimize calcium loss.
5. **Decrease intake of salt or processed foods.** High salt intake can cause calcium loss. Avoid processed foods or high sodium seasoning such as pickled vegetables, canned foods.
6. **Encourage exercise** Encouraged weight bearing exercise of 30 minutes a day (i.e. Tai Chi, brisk walking, yoga, dancing)
7. **Avoid smoking or excessive alcohol intake.** Smoking hinders the body's bone building ability. Excessive alcohol intake increases risk of fractures.

References :

Chinese Dietary Reference Intakes (2013)

U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov

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Tel: (852) 22003434

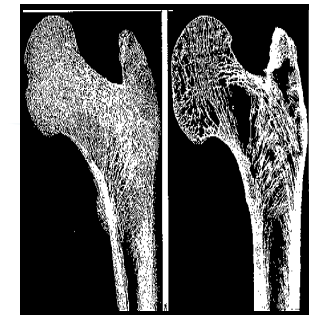
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St. Teresa's Hospital
聖德肋撒醫院

Diet & Osteoporosis



Health Information

St. Teresa's Hospital, 327 Prince Edward Road

Phone: (852) 2200 3434

Osteoporosis

Osteoporosis is a condition characterized by a decrease in bone density, which leads to an increased risk of fractures, particularly of the hip, spine and wrist. Osteoporosis can occur without signs and symptoms. If the rate of calcium loss in bone is greater than the calcium being replenished from diet, it will lead to porous bones and may result in bone fragility.

Who are at risk?

- Menopausal women
- Underweight or low BMI
- Lack of exercise
- Inadequate calcium intake
- Low vitamin D intake or limited exposure to sunlight
- Increased caffeine (e.g. tea, coffee, soft drinks), sodium and protein intake along with low calcium intake
- Smoking or excessive alcohol intake
- Certain medications can cause osteoporosis (e.g. anti-seizure medications – phenytoin, steroids etc.) or patients who are on renal dialysis

How much Calcium/Vitamin D do I need?

| Age (years old) | Calcium (mg / day) | Vitamin D (mcg / day) |
|-----------------|--------------------|-----------------------|
| 1-3 | 600 | 10 |
| 4-6 | 800 | 10 |
| 7-10 | 1000 | 10 |
| 11-13 | 1200 | 10 |
| 14-17 | 1000 | 10 |
| 18-49 | 800 | 10 |
| 51-64 | 1000 | 10 |
| 65-79 | 1000 | 15 |
| 80 or above | 1000 | 15 |

What should I do to prevent Osteoporosis?

1. **Choose foods that are rich in calcium.** Consume adequate calcium rich food based on your age.
2. **Maintain a healthy body by eating a balanced diet.** Your diet should include grains, fruit and vegetables, meat and dairy or alternatives. Being underweight is a risk factor for osteoporosis..
3. **Adequate vitamin D intake.** Vitamin D can be obtained from food sources such as milk, egg, sardines and organ meats. Gentle sunlight exposure 2-3 times per week, for 5-10 minutes each time, **can be sufficient for the body to produce vitamin D.**

High Calcium Food

| Food | Serving Size | Calcium (mg) |
|--|--|--------------|
| Milk | 1 cup (240ml) | 250-300 |
| high calcium / calcium fortified milk | 1 cup (240ml) | 400-600 |
| calcium fortified milk alternatives | 1 cup (240ml) | 200-500 |
| yogurt | 150 g | 150-200 |
| cheese | 1 slice | 150 |
| firm tofu | 1/2 cube (~175g) | 250-300 |
| Chinese amaranth / Chinese kale | 1 serving (~2 tael raw / 1/2 rice bowl cooked) | 100-120 |
| Shanghai white cabbage / choy sum | 1 serving (~2 tael raw / 1/2 rice bowl cooked) | 80-100 |
| Chinese white cabbage/ napa cabbage/ mini Chinese cabbage/ cabbage/ Indian lettuce | 1 serving (~2 tael raw / 1/2 rice bowl cooked) | 30-80 |
| broccoli / Lettuce | 1 serving (~2 tael raw / 1/2 rice bowl cooked) | 20-30 |
| almond | 1oz (23 pieces) | 100 |