

HEALTHY EATING HABITS FORBONE HEALTH

Dr. Vaishali Nawalkar*

Professor & HOD Rognidan Dept Sri Sai Institute of Ayurvedic Research and Medicine Bhopal.

***Corresponding Author: Dr. Vaishali Nawalkar**

Professor & HOD Rognidan Dept Sri Sai Institute of Ayurvedic Research and Medicine Bhopal.

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ABSTRACT

In women after the age of 40 years two major factors influence the risk of developing osteoporosis when approaching menopause, as bone loss occurs during menopausal period transition. The rate of reduction in BMD (Bone mineral density) occurs after attaining menopause. Women who enter menopause with Low BMD are more likely to develop osteoporosis. Osteoporosis is common during Menopause and affects the quality of life in elderly women. However One can prevent or slow the process of osteoporosis from getting worse prevent the related fractures by practicing healthy lifestyle habits and consuming a diet rich in nutrients that keep the bones healthy and strong.

Understanding Nutrient requirement

It is essential to understand the recommended amounts of various nutrients that have to be included in the daily diet.

A. Calcium

In menopausal women, estrogen level decreases resulting in lowering of BMD which cause osteoporosis. Increasing Calcium intake by including dairy products in your diet such as **milk** and **yogurt**.

Vegetables such as **broccoli**, **nuts** such as **almond** and **cashew** and seafood such as **salmon**, **mackerel**, **tuna** and **sardines** are the other sources of calcium.

Along with this phosphorus and vitamin D such as **Peanuts**, **meat** should also include in diet as phosphorus & vitamin D are essential for calcium absorption.

B. Vitamin D

Vitamin D is essential for calcium absorption & helps maintain positive balance in women. We get most of the vitamin D from exposure to sunlight.

However food such as **egg yolk**, **brown rice**, **cereals**, **seafood** such **Salmon**, **mackerel** & **tuna** contains small amount of vitamin D.



Women below of age of 50 years need 100 mg of calcium daily, and above 50 years need 1200 mg of calcium daily. One of the common problem with dairy products is lactose intolerance, it leads to inadequate Calcium absorption from diet.

One can overcome this by including Lactose free dairy products or by increasing consumption of Calcium rich foods like green **leafy vegetables** and **salmon fish** in diet.

Vitamin D



Rich Foods

Women below 50 years required 400 - 800 IU of vitamin D daily, women above 50 years require 800- 1000 IU of vitamin D daily.

C. Other Essential Nutrients

Magnesium is required for the catalytic action of several enzymes and for enhancing Calcium absorption.

Food Rich in **magnesium** are **nuts, cereals, grains, green leafy vegetables.**

Vitamin C, zinc, and **omega 3** fatty acids are beneficial to bone health in women.

D. Consuming Well-Balanced Diet

Elderly women should consume a nutrient rich food like plenty of fruits and Vegetables for fulfilling the body's vitamin and mineral requirements.

Excess sodium, proteins and Caffeine cause bone loss by interfering with Calcium absorption. So avoid to consume it in excess quantity.

D. Getting Rid of Unhealthy Habits

Several studies have showed that bone density is lower and the risk of fracture is higher in smokers compared with non-smokers.

In women who smoke, estrogen production decreases and in turn triggers early menopause associated with bone loss compared with non- smokers. So avoid smoking and alcohol consumption. The consumption of carbonated beverages and tea should also be reduced.

Excess Consumption of cola reduces BMD, hence, it is advisable to substitute soft drinks and tea with fresh juices and milk.

For Bone health, healthy eating habits are necessary.

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