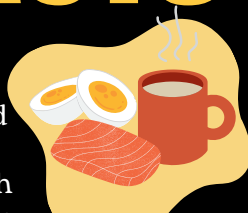


# VITAMIN D FOOD FACTS

## What is vitamin D?

Vitamin D is most easily acquired from UV light (sunlight) when it reacts with our skin. From March through September, the ideal time to synthesise vitamin D is between 11 a.m. and 3 p.m. It is also found in small amounts in the following foods:



**The RDA for females aged 18+ is 10µg per day.**

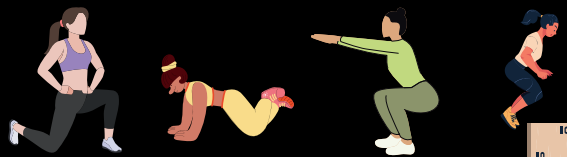
Source of vitamin D	Quantity	Vitamin D
Grilled herring	1 portion (119g)	20µg
Salmon tinned/grilled	1 small can (100g)/ 1 portion (170g)	12-13µg
Some malted hot drinks (check label)	1 mug (25g)	12-13µg
Eggs	2 (120g)	12-13µg
Soya milk (fortified)	1 glass (200ml)	1-2µg
Cereal (fortified)	1 portion (30g)	1-2µg

In the UK, it is recommended to supplement 10 µg/day from October to February/March. Individuals with little to no sun exposure, as well as those of African, African-Caribbean, or South Asian descent, may require supplements all year round. Please speak to your GP or a registered dietitian before starting any supplement.



## SCIENCE-BASED EXERCISE CHECKLIST FOR STRONG BONES

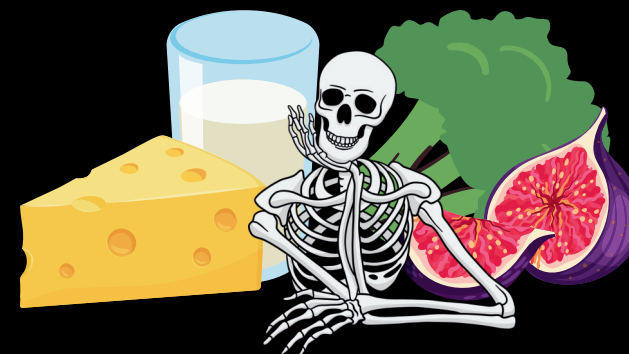
- Combination of high impact and resistance exercises
- Focus on dynamic (e.g. squat) rather than static (e.g. plank) movements
- Use weights/resistance that are challenging for you
- Several short, intense bouts of exercise better than one long session
- Prioritise movements that build strength in hips, wrist, and spine (most common fracture sites)



For further information check out Royal Osteoporosis Society at <https://theros.org.uk/>



♀ BONE ♀  
BUILDERS  
BONE APPETITE



A GUIDE FOR WOMEN

# OSTEOPOROSIS

Is a condition that affects the strength of bones, making them more susceptible to fractures. Bone mineral density can be influenced by several modifiable lifestyle factors including nutrition, exercise, weight, and smoking, as well as non-modifiable factors such as genetics and age.

**3.7 million** people in UK suffer with osteoporosis - **78% are women**



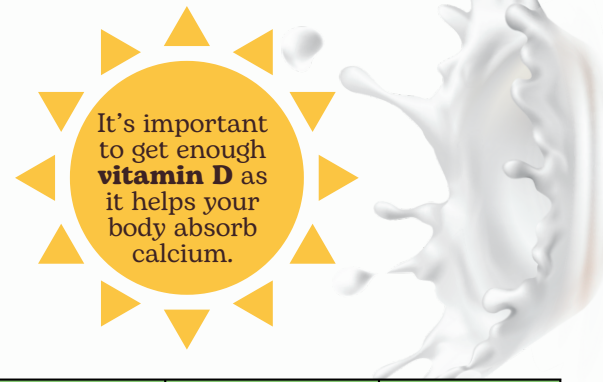
- On average peak bone mass is reached between the ages of 25 and 30.
- By age 40 bone mass starts to slowly decline.
- Women are more at risk of developing osteoporosis because of the hormone changes that happen at the menopause.
- The female hormone oestrogen is essential for healthy bones. After the menopause, oestrogen levels fall.

# CALCIUM FOOD FACTS

## What is calcium?

Our bones contain 99% of the calcium in our bodies, which helps to maintain bone structure and strength. The RDA (recommended daily allowance) for calcium for females aged 18+ is 700mg per day.

It is possible to get all of the calcium we need from our food however in some cases supplementation may be required. Please speak to your GP or a registered dietitian before taking any supplement.



Source of calcium	Quantity	Calcium
Milk	200ml	240mg
Cheese	30g	220mg
Yoghurt	120g	200mg
Calcium enriched milk alternatives e.g. soya, oat, almond	200ml	240mg
White bread	2 large slices (100g)	100mg
Wholemeal bread	2 large slices (100g)	54mg
Sardines (with bones)	60g	258mg
Orange	1 medium (120g)	75mg
Broccoli, boiled	2 spears (85g)	34mg

## How can you get 700mg a day?

200ml Milk = 240mg calcium  
 30g serving cereal = 136mg calcium  
 30g portion of cheddar = 220mg calcium  
 100g/2 large slices wholemeal bread = 108mg calcium  
**Total = 704mg Calcium**