

Boost Your Bone Strength

It is well known that healthy eating helps manage weight, blood sugar, cholesterol and blood pressure. Did you know that eating well also helps keep your bones strong?

Calcium

Calcium helps build and maintain strong bones. Milk is a common way to get this bone-building mineral, but it's found in other foods as well. Include these foods more often to boost your calcium:

- Milk, kefir, yogurt and cheese
- Fortified plant-based beverages
- Canned salmon and sardines, with bones
- Tofu made with calcium sulfate
- Beans, such as navy beans or black beans
- Almonds
- Spinach and kale. Enjoy them cooked for more calcium.



Vitamin D

Vitamin D helps your body absorb calcium. It is not found in many foods, so it can be difficult to get enough. Health Canada recommends taking a 400 IU vitamin D supplement each day if you are over 50. Get vitamin D in the following foods:

- Milk and fortified plant-based beverages
- Fatty fish, such as salmon, mackerel, sardines and trout
- Yogurt, fortified with vitamin D
- Egg yolks

Other Important Nutrients for Healthy Bones

Many other nutrients contribute to bone health, such as magnesium, phosphorous and protein. Get enough by using Canada's Food Guide:

- Fill ½ your plate with vegetables and fruit
- Make ¼ of your plate whole grains
- Add protein foods to ¼ of your plate. These include beans, lentils, nuts, seeds, fish, lean meats, milk or fortified soy beverage and Greek yogurt.

Food of the Month

Tofu



- Some tofu has calcium added. Check the Nutrition Facts table. 15% Daily Value (DV) or more is a lot and 5% DV or less is a little.
- Find tofu in different varieties: silken, firm and extra firm.
- To prepare firm or extra firm tofu, wrap it in paper towel or a clean dish cloth. Stack a cutting board and some cookbooks on top and let it sit for an hour. This will press out the water and help the tofu absorb more flavour.
- Marinate tofu in your favourite salad dressing.
- Choose tofu that is smoked or seasoned to save time on marinating.
- Use tofu in addition to, or to replace meat in recipes. Use it cubed in stir fry, grated into lasagna or crumbled in a taco.
- Silken tofu has a smooth texture and is great for adding to smoothies.

Black Bean & Tofu Tostadas

Serves 4

Ingredients:

350g	Tofu, extra firm with calcium, cut in cubes
2 tbsp	Jalapeños, minced
2 tbsp	Lime zest
¼ cup	Lime juice, 1 tbsp reserved
8	Corn tortillas
2 tbsp	Olive Oil
1 cup	Coleslaw Mix
1 medium	Avocado, diced
2 tsp	Cilantro, chopped
2	Green onions, chopped
3 tbsp	Sour cream, lower fat
2 cups	Black beans, canned, drained and rinsed
2 tbsp	Salsa

Directions:

1. Combine tofu, jalapenos, lime zest and 3 tbsp juice. Let sit 30 minutes.
2. Preheat oven to 375°F.
3. Lightly coat tortillas with oil. Place on baking sheet, in a single layer. Bake for 12-14 minutes, turning once.
4. Heat oil in frying pan and stir-fry tofu on medium-high until golden brown.
5. Combine coleslaw, avocado, cilantro, green onions, sour cream and 1 tbsp lime juice.
6. Warm black beans and salsa in frying pan. Gently mash beans.
7. Top each tortilla with bean mixture, tofu and coleslaw.

Nutrition Information per Serving:

Calories	383
Fat	14 grams
Carbohydrate	51 grams
Fibre	15 grams
Protein	18 grams
Sodium	395 milligrams

In Your Kitchen

- Make a fruit and yogurt parfait for a quick breakfast or snack. Not all yogurt is fortified with vitamin D. Check the Nutrition Facts table to see if your favourite includes this important nutrient.
- Pour kefir into your next smoothie.
- Toss a handful of almonds onto your morning oatmeal.
- Top your salad with pan-fried, grilled or baked tofu.
- Add beans to your next soup, salad, chili or casserole.
- Use canned salmon to make salmon cakes, loaf or a salmon salad sandwich. Choose salmon with bones for more calcium and vitamin D. They are soft and mash easily with a fork.
- Add chopped spinach or kale to your next stir-fry.
- Snack on lower-fat cheese.



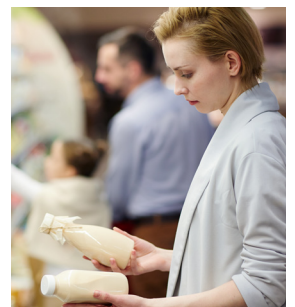
Ask a Sobeys Dietitian

Q: Should I take a calcium supplement to keep my bones strong?

A: It depends.

If you are healthy and eat a balanced diet, you are more likely to meet your calcium needs from food alone. If you avoid milk and dairy products, fortified plant-based alternatives and other food sources of calcium, it can be challenging to get enough from food.

You should always speak with your healthcare provider before starting a calcium supplement. They will help choose what kind and how much you should take. Check with your pharmacist to be sure that it is safe to use with other medications or supplements you take.



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