

Daily habits to support osteoporosis

By focusing on bone-nourishing foods and healthy lifestyle habits, you can make a significant difference in managing osteoporosis, help support your bones and reduce the risk of fractures.

Dietary recommendations

1. Focus on plant protein

Plant protein is beneficial for those with osteoporosis as it is less acidic than animal protein. Increased acidity causes the body to use its calcium stores (in bone) to keep the body in a pH homeostatic state. Plant protein also typically contains isoflavones and other compounds beneficial for bones that are not found in animal proteins.



2. Avoid excess salt

A high salt intake causes calcium loss through the urine. Use salt sparingly.

3. Eliminate sugar and refined carbohydrates

Spikes in blood glucose through the consumption of sugar or refined carbohydrates cause calcium loss through the kidneys. Choose wholegrain and naturally sugar-free foods.

4. Stop caffeine and alcohol consumption

Caffeine and alcohol decrease calcium absorption and should be significantly reduced or stopped.

5. Increase intake of antioxidants

Antioxidants (e.g. vitamins A, C, E, and zinc) to combat oxidative stress, which can contribute to bone breakdown.

6. Increase calcium and magnesium-rich foods

Magnesium-rich foods like leafy greens, nuts, seeds, and legumes are vital for bone health and are often under-consumed. Calcium-rich foods, including sesame seeds, tahini and leafy greens, provide bones with some of the calcium they need daily.



Lifestyle advice

+ Stress management

Stress triggers the loss of calcium through the urine. Try stress management techniques such as yoga, meditation, tai chi and gentle exercise.

+ Sleep hygiene

Sleeping less than 6 hours per night lowers bone mineral density and increases fracture risk. Sleep deprivation increases osteoclast activity while reducing osteoblast activity.

+ Weight-bearing exercise

Weight-bearing exercise stimulates osteoblast activity. It also supports balance, reduces the risk of falls and strengthens the muscles around the joints.

+ Quit Smoking

Nicotine and toxins in cigarettes interfere with osteoblasts, leading to less new bone formation. Smoking reduces calcium absorption in the intestines, depriving bones of a key mineral. It also lowers vitamin D levels which is needed to absorb calcium effectively.

+ Fried and fast food

Fried and fast food are acidic to the body. As the blood needs to be kept at a stable pH, the body will take calcium from the bones to balance blood pH eating fried and fast food. This calcium is then excreted in the urine.