

Tips on Good Nutrition and Fall Prevention

The National Institute of Aging recommends:

A woman over 50 who is:

- * Not physically active needs about 1600 calories a day
- * Somewhat physically active needs about 1800 calories a day
- * Very active needs about 2000 calories a day

A man over 50 who is:

- * Not physically active needs about 2000 calories a day
- * Somewhat physically active needs about 2200-2400 calories a day
- * Very active needs about 2400-2800 calories a day



Allegany County Caregiver Coalition

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Fall Prevention Collaborative

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Falls Prevention
STEP UP TO STOP FALLS



Fall Prevention and My Diet

What we eat can help decrease falls risk and minimize fall injuries. The following factors can help improve bone health:

Calcium is a mineral that is important for healthy bones. It is a building block of bone. Calcium can be found in dairy products; like milk.

Vitamin D is important because it helps your body use calcium. If you don't get enough vitamin D or if your body does not absorb it well, you are at much greater risk for bone loss and osteoporosis.

Phosphorous, like calcium, phosphorous is a part of the bones. Because this mineral is naturally present in many foods, most people get enough phosphorus. It is sometimes added to processed foods and soft drinks in the form of phosphate or phosphoric acid.

Other Minerals and Vitamins, like Magnesium, vitamin K, vitamin B6 and vitamin B12, are some of the many minerals and vitamins that are important for bone health. If you eat a well-balanced diet, you should be getting enough of these nutrients. Most experts recommend multivitamins or supplements for people who do not get what they need from foods.

Protein is important for your health. But a very high protein diet, particularly animal protein, causes a loss of calcium through the kidneys.

Caffeine is often added to soft drinks, coffee and tea. Caffeine may decrease calcium absorption. One study suggests that drinking 330 mg of caffeine, or about four cups of coffee, daily increases the risk of fractures.

Soft Drinks can be a concern for bone health due to the phosphorous and/or caffeine in certain soft drinks. When soft drinks take the place of milk and other sources of calcium, bone health may be affected.

Sodium may decrease your body's ability to retain calcium. Eating too much sodium is bad for your bones and can cause bone loss. Try cooking without adding extra salt, and limit the salty snacks and processed foods that you eat.

Spinach contains high levels of oxalate that can prevent your body from absorbing calcium from this vegetable.

Talk With Your Doctor(s) and Pharmacist(s) About Any Concerns, Recommendations on Vitamin Supplements or Nutrition