

PREVENTING OSTEOPOROSIS

by adding soy foods to your diet...

WHAT IS OSTEOPOROSIS?

- Osteoporosis is a disease that causes bones to become thin and weak.
- Thin and weak bones are more likely to break.
 - Most commonly the hip, spine and wrist bones.
- Osteoporosis has no symptoms so you can have it without feeling a difference.
- Osteoporosis can result in loss of mobility and decreased independence.
- There is no cure for this disease and it gets worse and worse as you age.

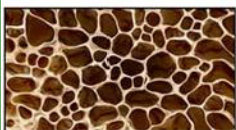
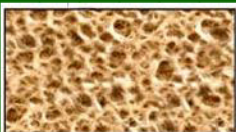
4 STEPS OF PREVENTION

1. **Eat Right:** Get your daily recommended amounts of Calcium, Vitamin D and soy.
2. **Exercise:** Get active!
3. **Maintain a Healthy Lifestyle:** Avoid smoking and excessive alcohol consumption.
4. **Talk to Your Healthcare Provider:** Ask your doctor about bone health.



WHY EAT SOY?

- Soybeans and other soy foods have been shown to help stop the thinning and weakening of our bones
- People who ate soy foods are about a third less likely to break a bone.
- Adequate amounts of Calcium and Vitamin D **must** be consumed in order for these benefits to occur.



Look at how much thicker the components of normal bone (top) are compared to bone with osteoporosis (bottom).

1 in 4 women over the age of 50 and 1 in 8 men suffer from osteoporosis.

Osteoporosis is more common in Caucasian and Asian women.

Almost 2 million Canadians suffer from osteoporosis

HOW TO ADD SOY TO YOUR DIET

Edamame

- These are soybeans still in the pod.
- To prepare, you just steam or boil the pods for about five minutes, pop open the pods and they are ready to eat.
- Edamame can be incorporated as a side in any meal or just for snacking!

Soymilk

- This is a beverage made from soybeans that is an alternative to cow's milk.
- Use soymilk anywhere you put normal milk in your traditional recipes, or you can just drink it!
- Look for a soymilk that is fortified with Calcium and Vitamin D.

Soy Yogurt

- This soy product is much like regular yogurt, containing all of the beneficial ingredients that make yogurt so good for you.

Research suggests that you should eat 40 grams of soy per day to reduce your risk or slow the development of osteoporosis.

Tofu

- Tofu is a soybean curd, which is made similar to how cheese is made.
- Tofu comes in a variety of ways, there is plain tofu, smoked tofu, firm tofu and the list goes on and on.
- The cooking possibilities are as numerous as the varieties
- Think of it as another white meat, and use it accordingly.

Meat Analogs

- These are foods like soy dogs, soy burgers, soy sausage, and soy bacon, and again, the list goes on and on.
- These foods are one of the easiest ways to incorporate soy into your diet.



This picture to the left shows ways you can add soy to your diet.

Pictured are soy milk, roasted soybeans, and edamame.

