



Better bone health for everybody

Healthy living for strong bones



Easy
Read



Easy Read



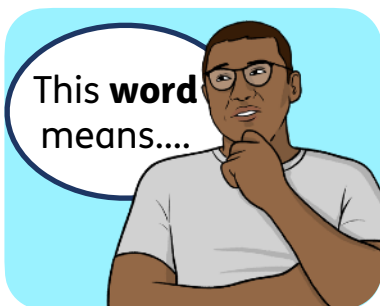
This is an Easy Read version of some information. It may not include all of the information, but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold**. This means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links that take you to websites and email addresses. You can click on these links on a computer.

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You can fill in a quick survey to say what you think about this Easy Read booklet:

forms.office.com/e/mn2tVxMyuR

About this booklet



We are the Royal Osteoporosis Society.
We are a charity that supports people to have healthy bones.



Osteoporosis is a health condition that makes your bones weaker.



Weaker bones can break more easily.



It is never too early or too late to start looking after your bones.



This booklet explains what you can do to stay healthy and look after your bones.

Healthy eating for your bones

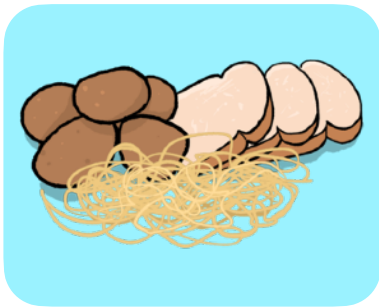


Your bones need different types of food to stay healthy.

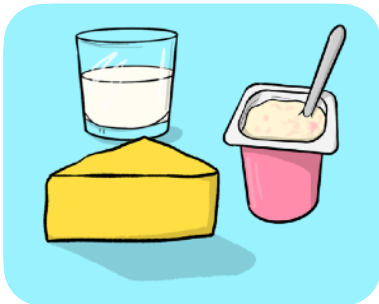
Try to eat meals that have some of each of these types of food:



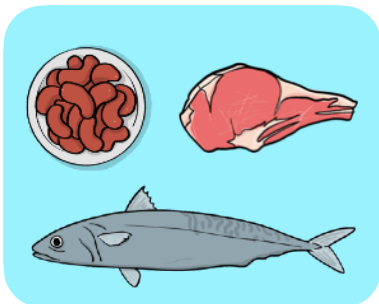
- Fruit and vegetables.



- Bread, potatoes, pasta, rice and cereals. These are called **carbohydrates**.



- **Dairy foods**, like milk, cheese or yogurt. Or **dairy alternatives**, like oat milk or soya milk.



- Beans, eggs, fish and meat. These are called **proteins**.

Calcium



Calcium is important because it makes your bones strong and hard.



You can get calcium from:

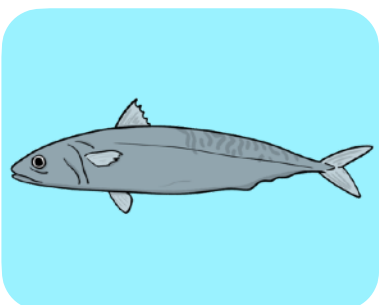
- Milk, cheese or yoghurt.



- Green leafy vegetables like broccoli, cabbage and lettuce.



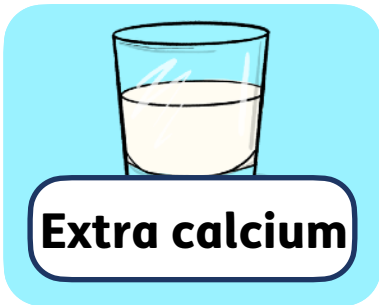
- Fruit, like oranges, satsumas and dried figs.



- Fish, like sardines and mackerel.



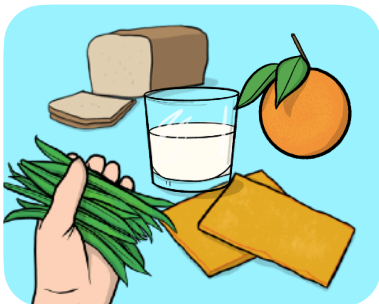
If you do not eat foods that come from animals, you can get calcium from other foods.



Look for types of tofu or soya milk that have extra calcium added.



If you eat well, you will get all of the calcium you need.



For example, you would get enough calcium for 1 day from 2 slices of bread, 2 slices of cheese, a handful of green beans, an orange and a glass of milk.

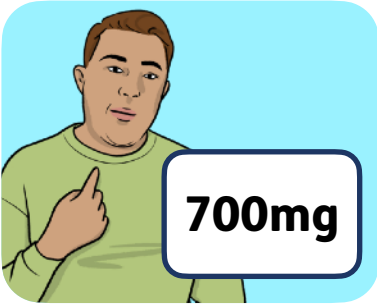


You can find out more about how much calcium is in different foods by looking at our website:

theros.org.uk/calcium-chooser



Calcium is measured in **milligrams**, or **mg**. You can check packets of food to see how much calcium is in them.



Most adults need 700mg of calcium a day.

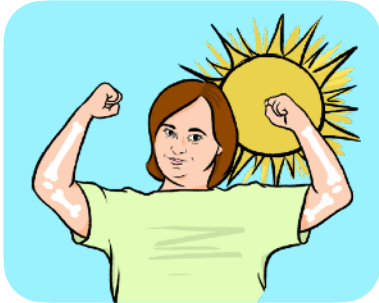


If you have osteoporosis, your doctor may tell you to have more calcium.



Speak to your doctor if you are not sure how much calcium you should have.

Vitamin D



You can get vitamin D from sunlight.



You can also get it from tablets and food.



During the summer, you should go out into the sun every day for about 10 minutes.

Be careful not to burn.



You only need to show the skin on your face and arms.



This will help you get enough vitamin D.



During winter you may need to take a tablet called a **vitamin D supplement**. You can get this from shops.

You should take a vitamin D supplement all year round if you:



- Do not spend much time outside.



- Cover up most of your skin when you go outside.

It might help you to have a vitamin D supplement all year round if:



- You have dark skin

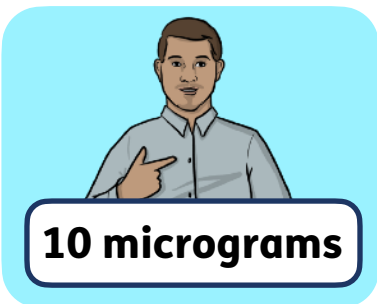


- You are pregnant or breast-feeding.

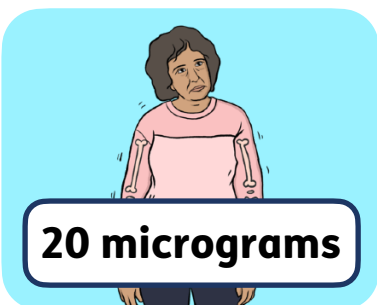


Vitamin D is measured in micrograms (μg).

You can check food and supplements to see how much vitamin D is in them.



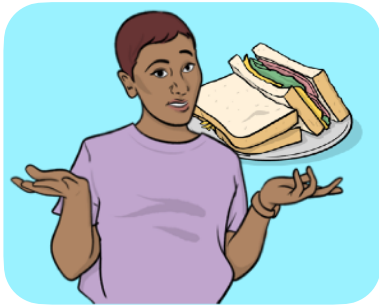
Most adults need 10 micrograms (μg) of vitamin D a day.



If you have osteoporosis, your doctor might tell you to have 20 micrograms (μg) a day.

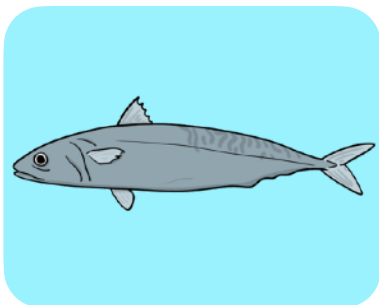


You might see vitamin D measured with a different number called **International Units (IU)**. Talk to the shop assistant or pharmacist if you are not sure.

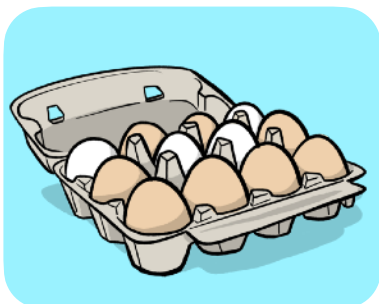


It is hard to get enough vitamin D just from food.

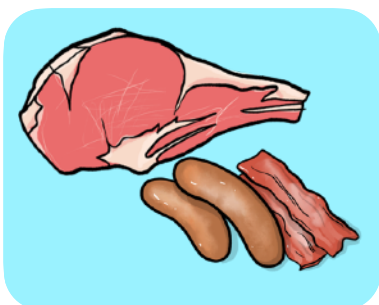
There is some vitamin D in:



- Oily fish, like herring, salmon and mackerel.



- Eggs.

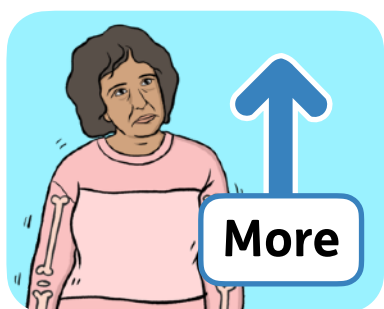


- Red meats, like beef, lamb or pork.

Alcohol and smoking



Alcohol and smoking are not good for your bones.



If you drink too much alcohol or smoke, it can make you more likely to get osteoporosis.



You can get support to drink less alcohol or stop smoking.



You can talk to your doctor to find out more.

Exercise for bones



Exercise can help your bones and muscles to stay strong.

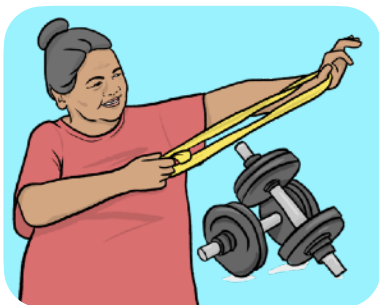
Exercise for strong bones



Dancing, jogging, walking quickly, or playing tennis are good for your bones.

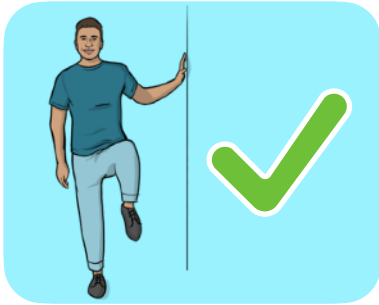


You can also do exercises to make your muscles stronger.



You could lift weights, use resistance bands or do press-ups.

Exercises to help your balance



It is important to have good balance.



This makes it less likely that you will fall over and hurt your bones.



Exercises to help your balance include dance, yoga, or exercises called **Tai Chi** or **Pilates**.

How much exercise should I do?



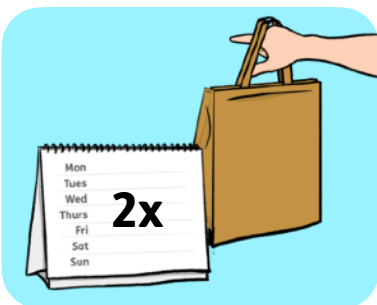
It is important to do exercise that you enjoy.



Adults aged under 65 should do 150 minutes of exercise a week.



This could be 30 minutes a day over 5 days.



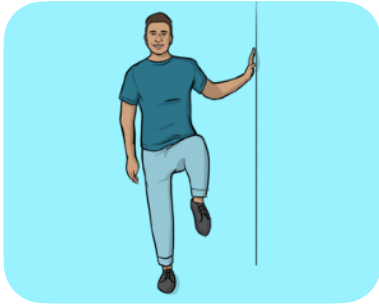
You should do exercise for your muscles, like lifting weights or carrying heavy shopping, at least 2 times a week.



You should rest for at least 1 day between doing these exercises.



If you are over 65, you should do the same amount of exercise as younger people.



But you should also exercise to make your balance better at least 2 days a week.

My healthy bones guide



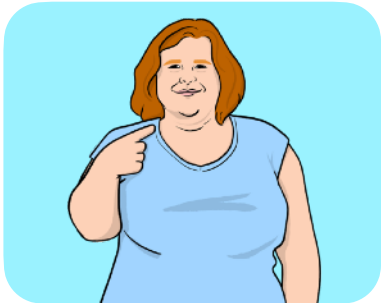
This part of the booklet is for you to write down how you are going to stay healthy.

Calcium



My doctor says that I should have

milligrams (mg) of calcium a day.



I will do this by:

Vitamin D



My doctor says that I should have

micrograms (μg) of vitamin D a day



I will do this by:

Exercise



Speak to your doctor or physiotherapist about what exercises are safe for you to do.

Write down the types of exercises that you are going to do.



Exercises on your feet (like tennis, jogging or dancing)



Exercises for your muscles (like weights)

Alcohol and smoking



If you need to, write down what you are going to do to smoke or drink less:

More support for you



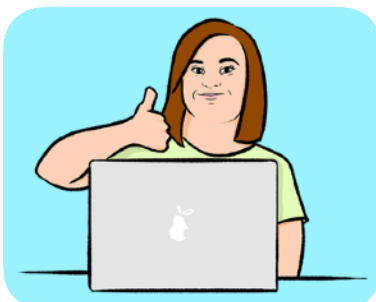
You can learn more about osteoporosis in our other booklet 'All about osteoporosis and bones'.



You can find more information and support on our website:
theros.org.uk



Our nurses can support you and answer your questions about how to keep your bones healthy.





We have an online community if you would like to speak to other people with osteoporosis:

www.theros.org.uk/online-community