

NUTRITION KEY MESSAGES for patients:

- a. Follow Canada's Food Guide, but need some dairy products or other calcium rich foods for your bones.
- b. Protein at every meal
- c. For patients needing osteoporosis treatment. Calcium: two servings a day of high calcium content foods if possible. If on a multivitamin, I would consider this one serving since most multivitamins contain ~ 300 mg of calcium. TUMS Extra Strength contains 300 mg; TUMS Ultra Strength contains 400 mg. I would never recommend more than 500 mg of calcium supplement per day, not even for those patients who do not take any dairy products at all.
- d. Vitamin D: currently difficult to do with diet alone. Health Canada currently recommends everyone age 50+ take a vitamin D supplement (400 IU/day). It may become easier to meet vitamin D requirements through nutrition alone in future as there will be increased vitamin D food fortification that will become mandatory in Canada by end of 2015.
- e. Osteoporosis Canada does not recommend supplementation for magnesium or vitamin K

Vitamin D levels

- For healthy adults, a 25-hydroxyvitamin D level ≥ 50 nmol/L is considered adequate (although there is also no indication to measure vitamin D levels in otherwise healthy individuals).
- Before initiating oral osteoporosis treatment, it is advisable for the vitamin D level to be at least 40 nmol/L.
- A 25-hydroxyvitamin D level ≥ 75 nmol/L is advisable when using the more potent osteoporosis medications such as zoledronic acid or denosumab.
- Vitamin D levels > 125 nmol/L are linked to potential adverse effects.