

Cooking for Bone Health





Welcome!

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What do our bones need?

Calcium

Women and men, RDA

Age 19+: 1,000 mg

Women 50+: 1,300 mg

Men 70+: 1,200 mg

1 cup 2% milk = 309 mg

½ cup yogurt = 167 mg

½ cup shredded cheddar = 400 mg

½ cup cottage cheese = 100 mg

3-4 oz can salmon w/ bones = 202 mg

1 cup cooked kale = 354 mg

1 cup raw kale = 53 mg



What do our bones need?

Vitamin D

Women, RDA

19-PeriM: 600 IU

PeriM+: 800-4000 IU

Men, RDA

19+: 600 IU

70+: 800-4000 IU

1 cup 2% milk = 111 IU

½ cup yogurt = 9 IU

½ cup shredded cheddar = 27 IU

½ cup cottage cheese = minimal

3-4 oz can salmon w/ bones = 550 IU

1 cup cooked kale = 0 IU

2 cups raw kale = 0 IU



What do our bones need?

Vitamin K

Women, RDA:

Age 19+: 90 mcg

Men, RDA:

Age 19+: 120 mcg

1 cup 2% milk = less than 0.3 mcg

½ cup yogurt = 0 mcg

½ cup shredded cheddar = 3 mcg

½ cup cottage cheese = 0 mcg

3-4 oz can salmon w/ bones = 0.4 mcg

½ cup cooked kale = 544 mcg

2 cups raw kale = 164 mcg



Canned Salmon

For Calcium & Vitamin D



Canned salmon does healthy work as...

A source of Vitamin D:

5X more than 1 cup milk

Aids in calcium absorption,
thus development and
maintenance of bone

*Vitamin D is also made in our skin
with the help of sunlight!*

A source of calcium:

2/3 as much as 1 cup milk

Bones are built using
calcium and are the
body's primary calcium
storage

*Wild salmon has 3-4 X more
calcium than farmed salmon*



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Eating about 8 ounces per week of a variety of seafood, the amount recommended for many adults, as part of a healthy diet, can support health
-USDA



Home Canned Salmon

- ◆ Salmon is a low acid food and **must** be pressure canned for safety
- ◆ You can leave all the skin and bones in the salmon
- ◆ You can control sodium and add flavors, herbs & spices

Commercially Canned Salmon

- ◆ Canned following strict food safety regulations
- ◆ Do not buy if can says “bones and skin removed”
- ◆ Look for calcium amount on the nutrition label



If you're not already convinced...

- ◆ Canned pink salmon is common, but you'll also find chinook (king), coho (silver), sockeye (red), and keta (chum). So many to try!
- ◆ Canned salmon is a great source of protein!
- ◆ Canned salmon is high in omega-3 fatty acids, which may reduce the risk of heart disease and maintain brain health!
- ◆ Canned salmon is a good source of B vitamins such as B6 which supports immune function and brain health!
- ◆ Salmon is a low mercury fish, especially wild Alaska salmon!



Be Ready with Canned Salmon

INGREDIENTS for SALMON SALAD (for one)

- ◆ 4-5 oz canned salmon (with bones), drained
- ◆ 1-2 Tablespoons mayonnaise
- ◆ Splash of lemon juice, drop of mustard
- ◆ 1-3 teaspoons of each, to your taste:
Chopped capers, pickles, or relish
Celery, carrot, onion
- ◆ Salt, pepper, hot sauce, dill weed to taste

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Use as a salad topping or sandwich spread

Other ways to use canned salmon:

1. Any way you would use canned tuna
2. Toss in a salad
3. Add to a dip
4. Make a chowder
5. Make salmon cakes or patties
6. Add to a quiche or scrambled eggs
7. Top a bowl of rice
8. Top a bagel
9. Add to a stirfry
10. Straight from the can or jar!



Greens!

Collards, Kale, & Bok Choi



Greens do very healthy work ...

Building blocks for bones

Greens contain calcium which is the main mineral component of our bones

Bone formation and stability

Vitamin K helps produce proteins that build bone, but also helps regulate calcium loss and blocks bone degradation



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“The USDA recommends two to three cups of vegetables per day for adults...about two cups of raw greens to make the nutritional equivalent of a one-cup serving of vegetables...count one cup of cooked greens as one serving”

-Harvard Health



BoneHealthy Greens: Bok Choi

- ◆ Cabbage originating from China
- ◆ Stronger flavor than Napa cabbage
- ◆ 1 cup cooked bok choy:
 - ◇ 158 mg calcium (12% RDA)
 - ◇ 58 mcg vit K (50% RDA)
- ◆ 2 cups raw bok choy:
 - ◇ 148 mg calcium (12% RDA)
 - ◇ 116 mcg vit K (100% RDA)



Photo by Jasmine Waheed



Bone-Healthy Greens: Collards

- Have been grown since (at least) 700 BCE
- Varieties eaten worldwide
- 1 cup cooked collards:
 - ◇ 268 mg of calcium (21% RDA)
 - ◇ 773 mcg of vitamin K (640+% RDA)
- 2 cups raw collards:
 - ◇ 168 mg of calcium (13% RDA)
 - ◇ 314 mcg of vitamin K (262% RDA)



Bone-Healthy Greens: Kale

- Have been grown since 2000 BCE
- Winter-hardy in many locations
- 1 cup cooked kale:
 - ◇ 177 mg calcium (14% RDA)
 - ◇ 493 mcg vitamin K (410% RDA)
- 2 cups raw kale:
 - ◇ 104 mg calcium (8% RDA)
 - ◇ 160 mcg vitamin K (133% RDA)



Photo by Laura Johnston



If you're not already convinced...

- ◆ Kale also contains vitamin C for collagen production and antioxidant activity
- ◆ Collard greens, kale and bok choy all contain antioxidants that reduce oxidative stress
- ◆ Bok choy contains potassium and magnesium important for heart health
- ◆ Greens are versatile- eat them steamed, sauteed, roasted, or raw

For happy health, fuel yourself with dreams and greens. ~Terri Guillemets



Be Ready with Cut Greens

INGREDIENTS

1 bunch of kale or collards, rinsed, cut leaves from tough stems

OR

1 head of bok choy, rinsed, cut off root end

DIRECTIONS

1. Dry and stack leaves
2. Cut into ribbons or strips, pat dry again
3. Place a paper towel in bag or lidded container, add cut greens, refrigerate until needed (will last 3-6 days)

Add your cut greens to:

1. Sautés & stir fries - add mid-way, cook until tender
2. Smoothies - blend with other ingredients
3. Pizza- Add with other toppings before cooking
4. Salads- mix with dressing, add to salad, toss/mix
5. Soups, stews, or chili- add mid-way, cook until tender
6. Tray bakes- Roast with other vegetables
7. Scramble with eggs or add to omelette fillings
8. Sandwiches- add to fillings



Help calcium do its work in the kitchen ...

Weight Bearing Exercise (bone loading impact)

Heel strikes for bone density maintenance

Resistance Training (weight lifting/pulling/fighting gravity)

Squats for daily functional strength

Balance Training

Weight shifting for micro-balance muscles



The Kitchen Dance!

1. Tune your radio to your favorite music station
2. Create a Spotify playlist of dance music
3. Find a Kitchen Dance station on Pandora
4. Buy a “30 Second Dance Party” button
5. Dance every time you’re in the kitchen!

Dance like nobody's watching!





Pdf of slide show

Thank you!

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