

# **OSTEOPENIA DISEASE**



## **PATIENT DIET**



## ▶ HOW TO MANAGE OSTEOPENIA SYMPTOMS BY ADOPTING A BALANCED DIET?

Osteopenia is a decrease in bone mineral density (BMD) that weakens bones, commonly occurring in those over the age of 50, particularly women. Osteopenia is usually symptomless, nevertheless, a painless screening test can identify bone strength. Taking certain lifestyle changes into account can help sustain bone density and avert osteoporosis. Adopting a healthy diet and lifestyle can help prevent the occurrence of osteopenia, which is a very common condition.

If you're suffering from bone condition-related health issues, it's advisable you get permanent care. Stem Cell Care India, the best stem cell therapy hospital offers the most reliable and proficient osteopenia treatment.

Osteopenia stem cell therapy could potentially lower the risk of fracture and increase mineral density that has been lost, by increasing or restoring the number of existing stem cells which could then differentiate and proliferate into bone-forming cells.

## ▶ DIFFERENCE BETWEEN OSTEOPENIA AND OSTEOPOROSIS

Though Osteopenia is not as severe as osteoporosis, it can still lead to an easier breakage of bones as a result of the bones becoming weak. Fortunately, not everyone who has been diagnosed with osteopenia will end up having osteoporosis, however, it is important that they take steps to strengthen and protect their bones.

# FOODS FOR OSTEOPENIA: WHAT YOU NEED TO KNOW

Here are some foods that you must include in your diet if you have osteopenia.

## Dark and green leafy vegetables:

leafy greens such as kale, spinach, and collard greens are loaded with calcium, a necessary mineral for strong bones. These vegetables also provide high levels of vitamin K, which is important for boosting bone density. So, add vegetables to your diet to get the most out of their many beneficial nutrients.

## Dairy products:

Consuming dairy products is a great way to ensure you get an adequate amount of calcium and vitamin D. These nutrients are essential for keeping bones strong and healthy. Milk, cheese, and yogurt are all rich sources of these two important vitamins. Together, calcium and vitamin D help to prevent bone diseases, like osteopenia.

## Salmon:

Salmon is a nutritious fish that provides many health benefits. It contains vitamin D, which is essential for calcium absorption, and omega-3 fatty acids, which are linked to reduced inflammation and better bone health. Eating salmon can thus support overall health and well-being.

## Almonds:

Almonds are nutritious nutrient-packed snacks, that provide vital minerals and vitamins our bodies need for optimal health. Calcium, magnesium, and vitamin E, all important for bone health, are among the benefits we get from eating almonds, making them a great choice for keeping bones strong.

## Fortified foods:

Fortified foods are a convenient and healthy way to get necessary nutrients like calcium and vitamin D. Examples of fortified foods include cereal, orange juice, and tofu. These foods have been fortified with the two essential nutrients, making them a go-to option when looking to add a nutritional boost to regular meals.

## Beans:

Beans are a great source of essential minerals needed for healthy bones. Such as chickpeas, black beans, and kidney beans, are packed with calcium, magnesium, and other vital nutrients. Increasing their consumption could help build strong bones.

### **Eggs:**

Eggs are a nutritious food that provides many benefits to your bones! Eating them can help ensure that your body is receiving adequate amounts of vitamin D, a key component in calcium absorption. Additionally, they contain protein, which is important for constructing and sustaining strong bones and muscles.

### **Broccoli:**

Broccoli is a significant dietary source of key nutrients required for healthy bones. It contains calcium, vitamin K, as well as other essential vitamins and minerals that play an important part in keeping our bones strong and healthy.

### **Whole grains:**

Whole grains are an important source of magnesium, which is necessary for strong bones. Examples of such grains include brown rice, quinoa, and whole wheat bread. Eating these whole grains can help ensure that your body is getting the magnesium it needs.

### **Sweet potatoes:**

Sweet potatoes are an excellent nutritive food due to their rich content of potassium, a mineral that helps to strengthen bones. Moreover, they provide vitamin A, necessary to help bones grow and develop properly. Both of these components are beneficial for ensuring good bone health.

## **WHICH FOODS SHOULD BE AVOIDED WITH OSTEOPENIA?**

Individuals with osteopenia may want to consider avoiding certain types of food to support their bone health. While there is no universal diet to follow, certain dietary guidelines may help reduce the risk of the condition progressing to osteoporosis.

### **Avoid excessive salt:**

Consuming diets high in sodium can lead to an increased risk of developing osteopenia, with research showing that it removes calcium from the bones. Consequently, physicians advocate for those with osteopenia to moderate their sodium consumption and ensure that they are adhering to the recommended daily sodium limit of 2,300mg for the purpose of maintaining healthy bones.

### **Limit intake of caffeine:**

According to research, a correlation has been observed between caffeine intake and decreased bone density in postmenopausal women. Experts assert that caffeine consumption can deplete calcium from bones, thus posing a risk to bone health.

## **Cut down on inflammatory foods:**

It has been proposed that foods such as tomatoes, mushrooms, peppers, white potatoes, and eggplant, may pose of risk of increasing inflammation in bones and are associated with osteopenia and osteoporosis. So, it is recommended to reduce consumption rather than avoid them entirely.

## **Avoid sugary foods:**

The ingestion of a large amount of sugar can lead to obesity, as well as a decrease in bone health. Research has identified that those who consume more sugar than is recommended, and eat inadequate amounts of nutrient-rich food, have an increased likelihood of experiencing bone-related difficulties.

## **Consumption of alcohol:**

It is imperative to limit alcohol intake in order to prevent deterioration of the bone structure, as excessive consumption of alcohol is one of the major contributing factors to osteopenia in adults along with the use of tobacco and insufficient levels of physical activity.

## **Soft drinks:**

Consumption of caffeinated soft drinks, particularly colas, may be deleterious to bone health. Researchers are endeavoring to elucidate the nature of the link between the consumption of soda and bone weakness, which some believe to be a result of phosphorus, a primary component of many soft drinks.

It is essential to recognize that a nutritious diet serves only as a single element in a larger strategy to avoid osteopenia. At **SCCI**, we provide an array of services to aid you in keeping your bones in prime condition, like stem cell therapy Delhi, nutrition advice, physical activity regimens, and more. Reserve an appointment with us now to gain further insight.



# Stem Cell Care

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