Nutrition Nibbles

Breakthrough common nutrition myths, see what's trending, catch up on latest research, and get great tips from our team of Registered Dietitians.

Pasteurization destroys vitamins and minerals in milk.

Pasteurization has little impact on the nutrients in milk. Pasteurization is a simple heat treatment that destroys potentially harmful bacteria sometimes found in milk; it helps to make milk safe for Canadians to drink. It is not safe to drink unpasteurized (raw) milk because it might contain bacteria that can be harmful to your health. Milk is a natural source of 15 essential nutrients, plus it's fortified with vitamin D, whereas raw milk is not.

Strong is the New Skinny: Bone Health

Nutrients that are Beneficial for Healthy Bones:

Calcium: Adequate calcium intake can help the remodelling process stay balanced, can slow bone loss and can lower the risk of fracture in older adults. Osteoporosis Canada recom1000 mg of calcium per day for adults 19-50 years of age, and for pregnant or lactating women over 18 years of age. Adults > 50 years of age should consume 1200 mg per day. Osteoporosis Canada strongly recommends getting calcium from food sources rather than supplements. If unable to meet requirements from diet alone, then supplementation should be considered.
http://www.osteoporosis.ca/osteoporosis-and-you/nutrition

Non-dairy calcium foods: The Canadian population is changing, and we are drinking less milk. There are many reasons people may choose to avoid cow's milk and cow's milk products: due to an allergy or intolerance, because they do not like the taste or texture, because of their cultural background, or because of their religious or personal beliefs. Individuals can meet their calcium needs by including fortified plant-based beverages, as well as by choosing other higher calcium foods (such certain kinds of fish, vegetables, legumes and nuts).
https://www.eatrightontario.ca/en/Articles/Bone-Health/Food-sources-of-calcium.aspx

Vitamin D: Vitamin D helps the body absorb, retain and use calcium. Vitamin D is found in very few food sources, and most Canadians are not exposed to adequate sunlight to help with vitamin D synthesis. As a result, Osteoporosis Canada recommends year-round supplementation for all Canadians. Healthy adults between the ages of 19 and 50, including pregnant and lactating women, need 400-1000 IU per day. Adults > 50 years of age, or younger adults with osteoporosis or increased risk of fracture, should consume 800-2000 IU per day.
http://www.osteoporosis.ca/osteoporosis-and-you/nutrition/vitamin-d/

Protein: Although it is known to increase urinary calcium excretion, research has shown that a high protein intake does not harm bone mineral density (BMD) or increase fracture risk. Recent studies suggest that a higher protein intake is associated with increased BMD and lower fracture risk when calcium intake is adequate.

Vitamin K: Low serum vitamin K is associated with low BMD. In addition, some research suggests that supplementing with vitamin K may slow down bone loss and increase bone strength. Vitamin K aids with bone mineralization and osteoblastic activity, and limits the development of osteoclasts.
https://www.iofbonehealth.org/news/vitamin-k-may-be-good-for-your-bone-health

Mediterranean diet: Preliminary results show that adherence to a Mediterranean diet promotes bone health. A Mediterranean diet is rich in vegetables, fruits, fish, extra virgin olive oil and legumes, and limits red meat.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5404307/pdf/12967_2017_Article_1184.pdf

Tea: Epidemiological studies have demonstrated a positive association between regular tea consumption (black and green tea) and improved BMD. However, the association with fracture risk remains inconclusive. Researchers believe that tea polyphenols may preserve BMD by preventing the release of osteoclasts. Despite these findings, tea contains caffeine and it's important to limit intake to 400 mg or less per day.
http://jim.bmj.com/content/64/7/1151

Prunes: Recent studies have shown that prunes are associated with an increased BMD and a lower risk of osteoporosis. Researchers hypothesize that phenolics in prunes help stimulate bone formation and inhibit bone resorption.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5409740/pdf/nutrients-09-00401.pdf

B12: Low vitamin B12 status is associated with lower BMD. The mechanism by which vitamin B12 promotes or protects bone health remains unclear.

Nutrients that May be Harmful to Bone Health:

Caffeine & Sodium: Excessive intakes reduce bone mineral density by increasing urinary calcium excretion.

Alcohol: Heavy alcohol consumption (> 2 drinks/day) increases the risk of osteoporosis and fracture. Excessive alcohol intake reduces osteoblastic activity**,** interferes with calcium and vitamin D absorption, as well as vitamin D activation. However, moderate alcohol consumption (1-2 drinks/day) is not harmful to bone health and may actually improve BMD and help prevent fractures.
https://ohsu.pure.elsevier.com/en/publications/alcohol-a-simple-nutrient-with-complex-actions-on-bone-in-the-adu

See the link below for information on the effects of vitamin C, carotenoids, magnesium, potassium, omega 3 fats, wine, and beer on bone health.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4928581/pdf/nihms797686.pdf

Talk to your Registered Dietitian for more information.

Recipe of the Month

Ginger Green Iced Tea *(Epicurious)* Makes 4 servings.

Ingredients
5 cups water
2 ½ inch piece of fresh ginger
3 tablespoons honey
6 green tea bags
Mint sprigs (optional)

Instructions
1) Place 2 cups water and the ginger into a saucepan and bring to a boil. Reduce the heat to low and simmer for 5 minutes. Stir in the honey. Remove the pan from heat and add the tea bags. Steep for 3 minutes, and then strain out all the solids.
2) In a large pitcher, combine the strained tea with the remaining 3 cups water. Chill in the refrigerator. Serve over ice, garnished with mint.