How to Make the Most of the Holidays Despite Osteoporosis

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Surviving the Holidays With Osteoporosis

As you are getting ready to meet your family and friends for the holidays, do not forget about taking good care of yourself. It can be easy to forget about healthy eating when homemade goodies are everywhere in sight. You still should watch what you eat and consume foods that support bone health. Safety should be considered as well. A little planning will go a long way in making your holiday an enjoyable one. Surviving the holidays with osteoporosis may seem daunting, but we have some tips to ensure you will have an enjoyable experience.

What You Eat is Important

Calcium

You will need to find good sources of calcium on the holiday table to support your bones. Cheese of different sorts may be offered with crackers when there are appetizers available. If you have a liking for sardines, a hostess may have this or perhaps some delicious dark, leafy green vegetables. Cheesy broccoli is a great dish to put on your plate if it is served. If you are the host, you can elect to make it. Anything dairy-based can be consumed to add extra calcium. Some dishes may have yogurt in them to enhance the calcium content.

Vitamin D

For the calcium to get absorbed in your body, you need to consume vitamin D. The best source of this essential vitamin is from sunlight; 15 minutes in the sun is all you need per day. Some foods have it as well. For instance, you may find some holiday dishes with the following sources:

- Egg custard, hollandaise sauce, eggnog and other things made with egg yolks.
- Oyster soup made with fortified milk.

Fresh Produce

You may find some fresh fruit and vegetables hidden among the goodies on the holiday table. Eating from an array of fresh produce help sustain bone health and promotes an alkaline diet, which retains more calcium. If you do not see much fresh produce at your holiday events, you may want to be sure to get your leafy greens and juicy fruit in between gatherings.

Foods to Avoid

Surviving the holidays means eating all the right foods stated above. This includes sources of calcium, vitamin D and fresh fruits and vegetables. However, there are foods to be avoided too that may make your osteoporosis symptoms worse.

Sugary Snacks

We are not saying cut out baked goods entirely, but do not gorge, as sugar is not good for osteoporosis. Sweets during the holidays can include cookies, brownies, cake and pie. Choose a dessert you would like to eat carefully.

While there is not a specific proven link between osteoporosis and sugar, professionals believe that added sugar or excess sugar in the body can harm one's bones.

Soda

Who does not love a holiday punch and cocktails? Again, limit your consumption, as sodas usually have high levels of sugar. In one study that analyzed 73,000 postmenopausal women, they all drank soda, and an increased risk of osteoporosis was recorded.

Caffeine

We all know that cozying up with a holiday latte or cappuccino is ideal, but be weary. One study shows that caffeine consumption in postmenopausal women is linked to low bone density levels.

Things to Keep at Moderation

- The alcohol will be more available as the New Year ticks in, however, you should keep your alcohol consumption at a minimum since it absorbs calcium from your body. Recommendation: one drink for women and two drinks for men.
- Take is easy on the salt. Salty foods cause your body to lose calcium.

You will find many recipes have what you need to maintain bone health. Homemade macaroni and cheese made with real cheese and milk, salmon chowder and tuna noodle casserole are some that you should partake in.

Safety and Comfort

It will be best if you can prevent any injury if you can and make your visit more comfortable if you go to a friend’s or family’s home. Go early to scope out a chair that is easiest to get out of, if you have osteoporosis of the back. Have someone beside you when you go up the steps of the house, especially if there is some ice on them. Watch out for area rugs that can trip you and make you fall. If you have osteoporosis of the back, you may want to bring a pillow with you to provide comfort. If you need special accommodations, do not be afraid to ask the host about providing them for you.