



Nutrition and OI

Let's talk about some of the key concepts surrounding nutrition and osteogenesis imperfecta (OI). Good nutrition and a healthy weight are beneficial to overall health, as well as bone health.

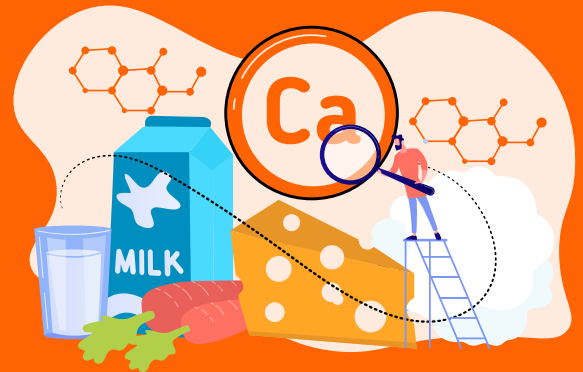
Calcium and Bone Health

Having a balanced diet and good intake of nutrients are important for bone health and reducing the risk of fracture.

Calcium and vitamin D are necessary for everyone, but people with OI do not necessarily need more than the recommended daily amounts.

Calcium is needed to develop peak bone mass until about age 30. After that, calcium is needed to maintain bone mass.

The National Institutes of Health recommends the following Dietary Intake for calcium:



Young children	700 mg a day
Older children (4-8)	1,000 mg a day
Preteens and adolescents (9-18)	1,300 mg a day
Men and women (19-50)	1,000 mg a day
Men (51-70)	1,000 mg a day
Women (51-70)	1,200 mg a day
Men and Women (70+)	1,200 mg a day

These guidelines were developed for people of average height and weight. A person with OI may have different calcium needs. It is recommended that people with OI speak with their physician or registered dietitian about their individual calcium needs to determine if they are getting too much or too little calcium.

ALL types of cow's milk have the same amount of protein, calcium, and added vitamin D, but vary in fat and calories. So if trying to limit calories, choose lower fat or fat-free milk. Cow's milk alternatives (almond, soy, oat, and more) may also contain calcium in supplemental form. Calcium is plentiful in dairy, cheese, and yogurt, and is also found in broccoli, kale, some dried beans and nuts, and soy-based products, but in much smaller quantities. Vegetables, beans, and nuts are excellent foods that provide a lot of good nutrients, but should not be relied on for adequate calcium intake.



Calcium supplements are often recommended for many people, especially those taking certain medications such as bisphosphonates.

Check with your doctor to determine if a supplement is necessary.

It's not just important to get enough calcium, since vitamin D and calcium work together.

Vitamin D and Bone Health

Vitamin D is necessary to help the body absorb calcium. Our bodies have the ability to make vitamin D with sun exposure to UV rays, but there are several factors that limit exposure including the use of sunscreen, cloud cover, pollution, and/or limited time outdoors, especially during cold weather.

Vitamin D is also found in fortified foods and in dietary supplements D2 (ergocalciferol) and D3 (cholecalciferol). A lab test for total vitamin D is the only way to tell if a person has an adequate level of vitamin D. The amount of vitamin D in food or supplements is measured in terms of International Units (IU). Children and adults who take a bone building drug often need a supplement. **You may be told to take much more than this on a daily or weekly basis, based on your blood level.**



Birth to 12 months

400 IU (10 mcg) a day

Children and teens (1-18 years)

600 IU (15 mcg) a day

Adults 19-70 years

600 IU (15 mcg) a day

Adults 71 years and older

800 IU (20 mcg) a day

Pregnant and breastfeeding

600 IU (15 mcg) a day

Vitamin C

Vitamin C has many functions in the body, including the production of healthy connective tissue, that helps protect bones.

Vitamin C is essential for collagen synthesis in everyone, not just those with OI.

It is easy to get adequate vitamin C through the diet, because vitamin C is abundant in many fruits (such as citrus fruits, strawberries, kiwis and cantaloupes) and vegetables (including tomatoes, bell peppers, broccoli and sweet potatoes).



Weight Control

Strategies for maintaining a healthy weight include:



Eat fresh, whole foods



Control portion size



Be as active as safely possible



Consult with a registered dietitian or nutritionist about food choices, and how to limit portion size without missing out on important nutrients



Consult with a doctor or physical therapist about increasing physical activity

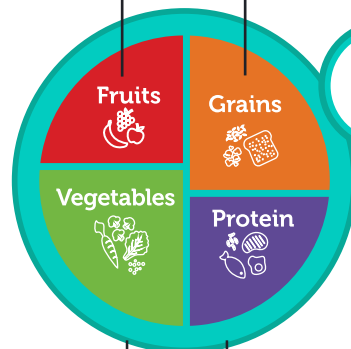
Start Simple with MyPlate

The U.S. Department of Agriculture has developed MyPlate to help people make healthy daily food choices (www.myplate.gov). The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

FRUITS

Make half your plate fruits and vegetables; focus on whole fruits



GRAINS

Make half your grains whole grains

Dairy

DAIRY

Move to low-fat or fat-free dairy milk or yogurt (or cow's milk alternatives or plant-based milks)

VEGETABLES

Make half your plate fruits and vegetables; vary your veggies

PROTEIN FOODS

Vary your protein routine

Osteogenesis Imperfecta Foundation • 656 Quince Orchard Rd, Suite 650 • Gaithersburg, MD 20878
www.oif.org • Bonelink@oif.org • 844-889-7579 • 301-947-0083
Serving the OI community with information and support since 1970