

# Nutrition Trivia

Dining Services recently asked students a question about vitamin K and here's what they had to say!

Q: What role(s) does vitamin K play in your body?

- |                          |                      |
|--------------------------|----------------------|
| A. blood clotting        | D. improves memory   |
| B. good for night vision | E. both A & C        |
| C. promotes bone health  | F. none of the above |



A: "A." - Mike Hamling (left), music education major



A: "A." - John Bolert (right), pre-nursing major



A: "A and C." - Lindsay Barroso (left), psychology major

Everyone did a great job answering the trivia question this month! Vitamin K does help with blood clotting, but it has more recently been found to promote bone health as well. The correct answer is E!



The University of Montana - University Dining Services

April 2006

## No bones about it!

Osteoporosis affects 10 million Americans

What is osteoporosis?

- It is a disease characterized by low bone mass and deterioration of bone tissue. Simply put, it causes your bones to become fragile and more likely to break.
- Why should I be worried about osteoporosis now?

The prevention of osteoporosis begins in adolescence (NOW!) and carries throughout your adult years.

### Lifestyle risk factors for osteoporosis:

- 1) Inadequate consumption of calcium, vitamin D and vitamin K
- 2) Severe calorie-restricted diets
- 3) Inactivity
- 4) Cigarette smoking
- 5) Excessive alcohol intake

### Risk factors for osteoporosis that you **CAN'T** control:

- 1) Being a woman
- 2) Getting older
- 3) Having a family history of bone fractures
- 4) Being Caucasian or Asian – although women of all ethnicities are at risk

**MYTH:** Osteoporosis is only a health problem for women.

**TRUTH:** While osteoporosis-related health problems do affect more females (1 in 2) than males (1 in 4), that still adds up to approximately two million American men affected by osteoporosis!

THE HUNGRY GRIZZLY



## Promoting Bone Health with Adequate Vitamin D, Calcium, & Vitamin K

By eating a balanced diet of fruits, vegetables, whole grains, protein, and low-fat dairy products, you're doing a lot to ensure healthy bones. Three key nutrients in these foods are the superstars of bone health.

- **Calcium:** Three cups of milk or yogurt every day provide the 1000 mg of calcium that college-age men and women need. By eating calcium-rich foods throughout the day, instead of all at once, your body will absorb more calcium.

Allergic to milk or lactose intolerant? Get your calcium from almonds, dried beans, figs, spinach, broccoli, and calcium-fortified foods like soy milk, orange juice, and breakfast cereals.

- **Vitamin D:** Without this vitamin, calcium cannot be absorbed from the intestine. Your body can generate enough vitamin D from sunlight exposure in the sunnier parts of the year. (Safe, adequate exposure means exposing your arms, face, and hands to sunlight for 20-40 minutes per day, 3 days a week. After that, you need to put on your sunscreen!). In the winter, when the sun's rays aren't strong enough to generate vitamin D, it's important to eat vitamin D-fortified foods or take a supplement to reach your goal of 200 IU per day.

- **Vitamin K:** See Nutrient of the Month on the next page for detailed information on this important vitamin.

Are you meeting your goals for bone-healthy vitamins and minerals? Visit [www.umt.edu/uds](http://www.umt.edu/uds) for links that will help you determine if your diet measures up.

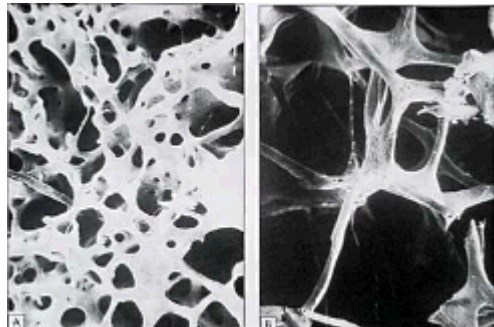


Photo of . . .

**Healthy Bones** (left)

vs.

**Weak Bones** (right)

## Nutrient of the month: Vitamin K

Alias:

The blood thickener/bone health supporter

Why you need it:

Long known for its role in blood clotting, researchers have more recently found that vitamin K activates at least three proteins involved in bone health. Women should eat 90 micrograms (mcg) daily; men should aim for 120 mcg per day.

How to get it:

Bacteria in your intestines supply about half of the vitamin K that your body needs, so you need to eat an additional 90-120 mcg per day to meet your requirements. One cup of cabbage, lettuce, broccoli, or other leafy green would easily meet your vitamin K needs. Two servings of celery, avocado, peas, soybeans, or coffee would also help you meet your goals.



## Kudos to Kristin!

Many thanks to Kristin Rohfleisch for writing this year's Hungry Grizzly articles, as well as creating the nutrition displays. Kristin has worked as Dining Services' nutrition intern since September, and will graduate in May with a master's degree in health promotion.

Good luck, Kristin!