



Osteoporosis is not an inevitable part of ageing; it is preventable. So it is vital that all of us, of all ages, start taking care of our bones now, before it's too late.

Support your bones, they'll support you!

Eat 5 servings of fruits and vegetables everyday

Get 30 min. of moderate physical activity 5 days a week

Drink up to 2 Liters of water daily

Visit AUB's Calcium Metabolism and Osteoporosis Program

Website for more information on Osteoporosis

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- **Falafel** (403 Kcal, 34 mg Ca)
- **Tarator** (216 kcal, 64 mg Ca)
- **Maakroon** (484 Kcal, 8 mg Ca)

6

- **Fool Akhdar B Zeit** (260 Kcal, 33 mg Ca)
- **Lahm Baajin** (345 kcal, 16 mg Ca)
- **Kashta Matbookha** (114 Kcal, 92 mg Ca)

Skip soda and swap for unsweetened tea or water

7

- **Berghol Bdfin** (258 Kcal, 25 mg Ca)
- **Sfiha Blahm** (224 kcal, 37 mg Ca)
- **Maamoul Tamr** (484 Kcal, 16 mg Ca)

8

Eat 3 servings of low fat dairy daily

- **Sheikh El Mehshi** (142 Kcal, 12 mg Ca)
- **Salad Hendbeh** (61 kcal, 76 mg Ca)
- **Kaak Bhalib** (449 Kcal, 26 mg Ca)

9

- **Kibbeh Sayniyeh** (340 Kcal, 17 mg Ca)
- **Laban and Khyar** (32 kcal, 57 mg Ca)
- **Belewa** (388 Kcal, 10 mg Ca)

10

- **Adas Bhamood** (152 Kcal, 43 mg Ca)
- **Sambousik Lahme** (288 kcal, 21 mg Ca)
- **Owamat** (406 Kcal, 9 mg Ca)

Try apple slices with natural peanut butter for a snack

11

- **Loubyeh Blahm** (194 Kcal, 32 mg Ca)
- **Salad Banadoora and Khyar** (39 kcal, 18 mg Ca)
- **Kaak Bdebs Enab** (367 Kcal, 107 mg Ca)

12

Toss out candies and replace with fresh fruits

- **Fattet homos Laban Lahm** (247 Kcal, 85 mg Ca)
- **Fatayer Sbenigh** (158 kcal, 59 mg Ca)
- **Meghli** (283 Kcal, 17 mg Ca)

13

- **Hriseh** (128 Kcal, 13 mg Ca)
- **Mana'ish Zaatar** (428 kcal, 90 mg Ca)
- **Nammoora** (356 Kcal, 62 mg Ca)

14

- **Kafta and Batata** (119 Kcal, 20 mg Ca)
- **Salad Malfoof** (95 kcal, 51 mg Ca)
- **Sahlab** (129 Kcal, 88 mg Ca)

Do squats while brushing your teeth

15

- **Kousa Ablama** (102 Kcal, 14 mg Ca)
- **Salad Rocca and Khyar** (41 kcal, 32 mg Ca)
- **Maamool Joz** (526 Kcal, 20 mg Ca)

16

- **Fasoliah B Lahm** (80 Kcal, 21 mg Ca)
- **Salad Banadoora, Khass and Khyar** (56 kcal, 20 mg Ca)
- **Mhallabiyeh** (200 Kcal, 92 mg Ca)

To promote weight loss, get at least 8 hours of sleep

17

- **Kafta Mishwiyyeh** (190 Kcal, 28 mg Ca)
- **Salad Malfoof Mayonnaise** (182 kcal, 26 mg Ca)
- **Sfoof** (384 Kcal, 76 mg Ca)

18

Toss out chips and replace with crisp

- **Kibbeh La'tin** (232 Kcal, 23 mg Ca)
- **Tabbooleh** (105 kcal, 100 mg Ca)
- **Layali Lebana** (152 Kcal, 190 mg Ca)

19

- **Makhlouta** (35 Kcal, 13 mg Ca)
- **Kabis Batenjan** (237 kcal, 6 mg Ca)
- **Katayef Joz** (210 Kcal, 19 mg Ca)

20

Take the stairs whenever possible

- **Mloukiyeh with Chicken** (116 Kcal, 27 mg Ca)
- **Moutabbal Batenjen** (82 kcal, 24 mg Ca)
- **Mafroukeh** (380 Kcal, 30 mg Ca)

21

- **Mehshi Malfoof** (137 Kcal, 27 mg Ca)
- **Veggie Soup** (33 kcal, 16 mg Ca)
- **Kaak Mdawar Semsom** (299 Kcal, 109 mg Ca)

22

Ride a bike for 30 minutes or longer

- **Fool Mdamas** (143 Kcal, 33 mg Ca)
- **Chicken Soup** (73 kcal, 7 mg Ca)
- **Petit Four** (405 Kcal, 45 mg Ca)

23

- **Souflee** (152 Kcal, 26 mg Ca)
- **Khyar Salad** (34 kcal, 19 mg Ca)
- **Belewa** (388 Kcal, 10 mg Ca)

24

Plan meals and organize your grocery

- **Msa'aa** (80 Kcal, 10 mg Ca)
- **Dlaa Sele' Bthineh** (184 kcal, 57 mg Ca)
- **Knefeh Kashta** (345 Kcal, 35 mg Ca)

25

- **Shish Barak** (163 Kcal, 72 mg Ca)
- **Koussa Me'li** (204 kcal, 13 mg Ca)
- **Riz Bhalib** (345 Kcal, 35 mg Ca)

26

Toss Salt. Season with herbs and spices

- **Loobyeh Bzeit** (57 Kcal, 22 mg Ca)
- **Russian Salad** (147 kcal, 17 mg Ca)
- **Meghli** (283 Kcal, 17 mg Ca)

27

- **Keshkek Blahm** (64 Kcal, 21 mg Ca)
- **Wara' Arich Bzeit** (138 kcal, 118 mg Ca)
- **Halaweh** (516 Kcal, 35 mg Ca)

28

Toss out sugar drinks and swap with water

- **Berghol with Banadoora** (152 Kcal, 18 mg Ca)
- **Lentil Soup** (72 kcal, 23 mg Ca)
- **Kaak Bhalib** (449 Kcal, 26 mg Ca)

29

- **Laban Emmo** (82 Kcal, 62 mg Ca)
- **Sambousek Jebneh** (324 kcal, 210 mg Ca)
- **Katayef Joz** (210 Kcal, 19 mg Ca)

30

Load up on vitamins and minerals

- **Batenjen Mehshi Lahm** (57 Kcal, 11 mg Ca)
- **Tomato Salad** (56 kcal, 20 mg Ca)
- **Maakroon** (484 Kcal, 8 mg Ca)

31

- **Moghrabiyeh** (199 Kcal, 20 mg Ca)
- **Mna'ish Keshkek** (215 kcal, 24 mg Ca)
- **Esmaliyyeh** (224 Kcal, 51 mg Ca)

The amounts of Kcal and Ca listed in this table correspond to one serving of 100 mg

1

- **Fattouch** (75 Kcal, 50 mg Ca)
- **Moujaddara** (310 kcal, 29 mg Ca)
- **Riz B halib** (107 Kcal, 82 mg Ca)

2

Limit fried food to once per week or less

- **Kousa Mehshi** (80 Kcal, 11 mg Ca)
- **Wara2 3arish Blahm** (193 kcal, 118 mg Ca)
- **Katayef Kashta** (279 Kcal, 330 mg Ca)

3

- **Kibbeh Labaniyeh** (245 Kcal, 70 mg Ca)
- **Riz and shaayriyeh** (184 kcal, 3 mg Ca)
- **Halaweh** (516 Kcal, 35 mg Ca)

4

- **Shawarma** (232Kcal, 13 mg Ca)
- **Hommos Tahineh** (216 kcal, 64 mg Ca)
- **Knefe Bjebneh** (425 Kcal, 217 mg Ca)

Walk for half of your lunch break