



good measures®  
Boosting Bone and  
Joint Health and  
Reducing  
Inflammation



# Boosting Bone and Joint Health and Reducing Inflammation

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Good Measures Lifestyle Coach



Good Measures personalized nutrition and health programs are **offered at no cost** to NMRHCA medical plan retirees and their spouses or domestic partners.

- Lose or manage weight
- Prevent type 2 diabetes
- Manage diabetes
- Boost energy and immune system
- Improve heart health, blood pressure, cholesterol



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# Today's session

- Keeping your bones strong and joints healthy
- Eating for bone and joint health
- Understanding and reducing inflammation
- Foods with anti-inflammatory benefits
- Recipe ideas



# Bone growth and maintenance

We grow new bone and break down old bone in a cyclical process.

- **Up to early 20's:** We make new bone faster than we break down old bone.
- **By age 35:** Most people have reached their maximum bone density.
- Diet and physical activity essential maintaining peak bone density as we age.





# Joint health and why it matters

- Joints are the connections between two bones and allow us to move our bodies.
- Cartilage acts like a cushion for joints to protect the bones
- As we age, there is wear and tear on our cartilage.
- Keeping joints and cartilage healthy is essential to do all of the things you enjoy, like taking walks, playing sports, or going for a run!
- Diet and physical activity are the two best ways to keep your joints healthy.



# Physical activity

Regular physical activity helps to maintain bone density and prevent bone loss. It also helps keep the muscles around your joints strong.

- Weight-bearing exercise: running, hiking, aerobics, dancing, stair climbing, walking, jumping rope
- Muscle strengthening exercises: lifting weights, using weight machines, using exercise bands, yoga, pilates





# Nutrition

- Eating a well-balanced diet of fruits, vegetables, whole grains, lean protein, healthy fats
- Getting enough of specific nutrients that promote healthy bones
- Maintaining normal body weight

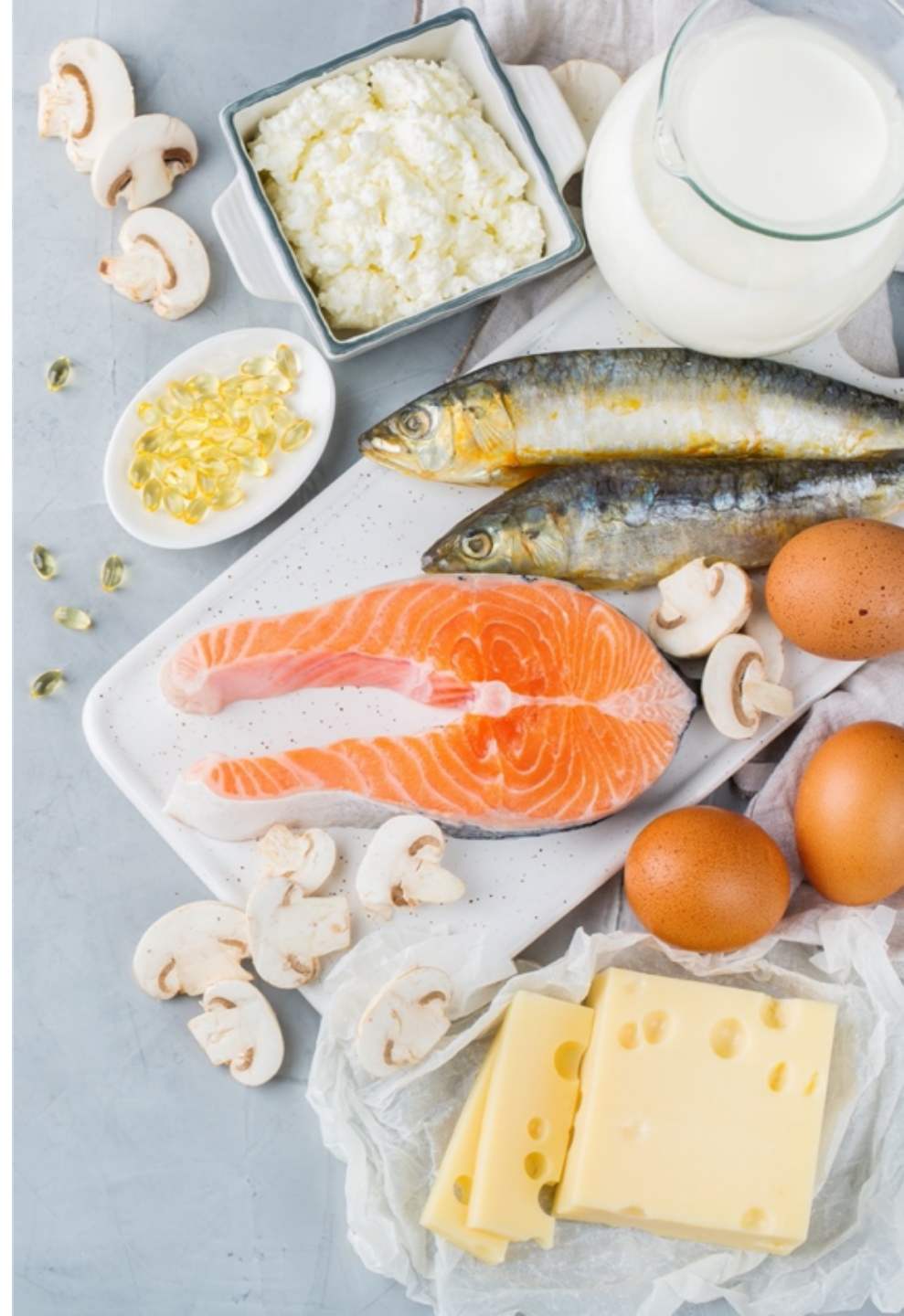






# Vitamin D

- Aids calcium absorption into the bones
- 600-800 IU/day
- Sunlight exposure
- Food sources
  - Fatty fish: salmon, tuna, mackerel
  - Milk and fortified dairy
  - Mushrooms
  - Fortified foods: cereals, nondairy milk



# Other key nutrients

## Vitamin K

- Dark leafy greens (kale, collards, swiss chard, spinach), brussels sprouts, broccoli

## Vitamin C

- Red and green peppers, strawberries, kiwi, oranges, grapefruit, pineapple, broccoli, brussels sprouts



## Magnesium

- Spinach, beet greens, collards, potatoes, sweet potatoes, tomato products

## Potassium

- Baked potato, white beans, swiss chard, avocado, banana, spinach

## Lean Protein

- Fish, chicken, turkey, eggs, lean cuts of beef, plant-based proteins



# Understanding inflammation

- The body's response to threats:
  - Infection
  - Stress
  - Toxic chemicals
- Inflammation can be good—it helps your body fight infection and helps it heal.
- Can be harmful when it happens too often or is ongoing.
- Chronic inflammation linked to cancer, heart disease, type 2 diabetes, arthritis, depression, and Alzheimer's.



# Foods to reduce inflammation

- Colorful fruits and veggies
  - Choose a mix of colors to get the most benefit
- Whole grains
  - Brown rice
  - Whole wheat bread and pasta
  - Barley
  - Oats
- Avoid sugar and refined carbs
  - White bread and pasta
  - Sweets
  - Sugary drinks



# Foods to reduce inflammation

- Healthy fats and oils (olive, avocado, vegetable, and canola oils)
- Omega-3 fatty acids
  - Salmon and tuna
  - Nuts and seeds (such as walnuts, flaxseeds)
- Plant-based proteins
  - Nuts and seeds
  - Legumes, beans
- “Anti-inflammatory superfoods”
  - Dark chocolate
  - Green tea
  - Turmeric and ginger





# Recipe: Sheet pan salmon with veggies

This recipe features foods with nutrients that are not only good for bone health but can help reduce inflammation!

*Serves 4*

## Ingredients

2 tbsp Dijon mustard  
1 tbsp lemon juice  
1 tbsp honey  
2 cups spinach  
1 cup cherry tomatoes, sliced  
4 salmon fillets  
2 tbsp olive oil  
2 cloves garlic, minced

## Directions

1. Preheat oven to 425°.
2. In a small bowl, mix together mustard, lemon juice, and honey. Set aside.
3. On a large baking sheet, add spinach in one even layer, then tomatoes and salmon fillets.
4. Drizzle oil and sprinkle garlic over veggies. Season with salt and pepper if desired.
5. Bake for 20 minutes until veggies are tender and salmon is cooked through.
6. Top salmon with mustard sauce. Serve immediately. Enjoy!



# Recipe: Spicy tofu stir-fry

This recipe features foods that are good sources of plant-based protein, calcium, vitamin K, and “anti-inflammatory superfoods”!

*Serves 4*

## Ingredients

1 tbsp vegetable oil  
12 oz firm tofu, sliced thinly  
3 cloves garlic, minced  
2 tsp ginger, peeled and minced  
½ cup bean sprouts  
1 cup spinach or kale, roughly chopped  
1 tsp crushed red pepper (or to taste)  
1 tbsp soy sauce

## Directions

1. In a large skillet or wok over medium high heat, add oil and tofu. Brown tofu for about 2-3 minutes per side. Once golden brown, remove from pan and set aside.
2. In the same skillet, add garlic, ginger, and bean sprouts, and cook for about 2-3 minutes.
3. Add the tofu back into pan, and add the spinach or kale, crushed red pepper, and soy sauce. Cook until greens are wilted, about another 2 minutes. Enjoy with a bowl of brown rice!



# Summary

- Maintaining a healthy body weight and being active—especially weight-bearing exercise—helps keep bones strong and joints healthy.
- Getting adequate calcium, vitamin D, and lean protein is essential for bone and joint health.
- Add inflammation-fighting foods to your eating routine—colorful fruit and vegetables, whole grains, fatty fish, and nuts and seeds.
- A balanced diet—fruit, vegetables, lean protein (especially fish), beans, whole grains, and healthy fats—is the best way to get all the nutrients you need.





## Healthy eating is not one size fits all!

Do you struggle to lose weight or want to maintain your current weight? Do you want to eat better foods for your immune system and overall health?

What if you could get PERSONALIZED and CUSTOMIZED advice from your very own registered dietitian coach at no cost to you?  
Now you can!

**Good Measures programs** help you eat to feel your best, without giving up the foods you love.

# We have a program for you!

 good measures®  
**HEALTHY WEIGHT**

 good measures®  
**BETTER HEALTH**

 good measures®  
**DIABETES SUPPORT**

 good measures®  
**Diabetes**  
**PREVENTION PROGRAM**

 good measures®

- All programs include personalized coaching—get your own registered dietitian coach.
- Get support to achieve your health goals, such as:
  - Losing weight and keeping it off
  - Eating to feel your best, sleep better, and have more energy
  - Building healthy habits that make it easy to eat well and be more active
  - Managing a health condition with healthy lifestyle and reducing medications
  - Fitting healthy eating into your life and budget



### Your Coach

Support is available days, nights, weekends by phone, secure video, email, and messaging



### Personalized Meal Planning & Tools

Learn to eat for better health and get real-time meal / snack suggestions and meal plans



### Device Integration

Connect with your fitness trackers and digital scale.



### Group Classes

Learn sustainable weight management approaches; Classes are held live online and will be recorded.





## GET STARTED NOW

- 1 Go to [nm.goodmeasures.com](https://nm.goodmeasures.com) or call 888-320-1776 to sign up. Not sure which program is right for you? Call us!
- 2 Create a profile on Good Measures and download our optional app (iOs or Android).
- 3 Set up a consultation with your registered dietitian.

# Questions & Answers



