

## DIETARY HABITUS AND DIETARY CALCIUM INTAKE IN A SAMPLE OF OSTEOPOROTIC ITALIAN WOMEN

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Osteoporosis is a condition of skeletal fragility characterized by reduced bone mass and microarchitectural deterioration of bone tissue, with a consequent increase in bone fragility and susceptibility to fractures. Several factors, endogenous and exogenous, are involved in the achievement of bone during growth and in the pathogenesis of bone loss. Calcium and vitamin D are commonly considered very important for bone health and a low calcium intake is a risk factor for osteoporosis. The aim of the present study was to evaluate the amount of calcium, vitamin D, antinutrients (fibers and proteins) in a population of osteoporotic women. The cohort comprised 110 postmenopausal Italian women aged  $62 \pm 8.4$  years affected by osteoporosis and recruited among women attending the outpatient of the Metabolic Bone Disease Unit of Florence. Dietary pattern was assessed by trained dietitians through a semiquantitative food questionnaire. In order to evaluate the dietary intake of micro and macronutrients derived by the questionnaire we used the Winfood software (Winfood 2). The results showed that the mean daily amount of Kcal was  $1910 \pm 223$ . The Kcal were represented by proteins 16.2% ( $77.3 \pm 2.6$  g/day), fats 31% ( $65.7 \pm 14$  g/day) and sugars 53% ( $257 \pm 41$  g/day). The amount of fibers was  $21.3 \pm 5$  g/day, under the recommended levels. The daily amount of calcium intake was  $800 \pm 293$  mg/day, which was lower than the recommended levels for postmenopausal women. A very low amount of vitamin D intake was found in this population ( $1.5 \pm 0.88$   $\mu$ g/day; recommended value: 10  $\mu$ g/day). In conclusion, this nutritional data indicate an insufficient amount of calcium and vitamin D intake in the postmenopausal osteoporotic women.