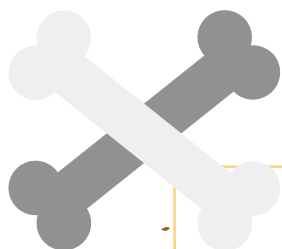


Important Nutrients for

BONE HEALTH



Adequate nutrition is important for strong bones. A balanced diet may reduce your risk of falls, fractures, and osteoporosis. The following nutrients support bone health:

Vitamin D

This nutrient helps with calcium absorption and may help prevent brittle bones. Fatty fish, some fortified foods, and fish oil are high in vitamin D. Many people are deficient in this vitamin so a supplement may be necessary.

Calcium

If you lack calcium in your diet, the body will take this mineral out of your bones to use for other purposes like muscle contraction. Calcium is found in a variety of foods including dairy products, green vegetables, beans, legumes, and some fortified foods.

Protein

Getting adequate protein will reduce your risk of bone loss and fractures. Protein-rich foods include meat, eggs, dairy, beans, nuts, and seeds.

Magnesium

This mineral may help increase bone mineral density. Magnesium is in many different foods including greens, soy, nuts, seeds, and dark chocolate.

Phosphorus

Phosphorus works with calcium and vitamin D to keep bones healthy and strong. Foods high in this nutrient include dairy, meat, seeds, beans, and nuts.