

Keys to HEALTHY BONES

Many factors are involved in maintaining healthy bones—lifestyle, genetics, and nutrition. Here are some keys to nutrition for bone health.

NUTRIENTS THAT ENHANCE BONE HEALTH

Calcium makes up a large part of the structure of bone. It also is important in muscle and nerve function and blood coagulation.

Smart choices:

- Dairy products (choose low-fat varieties)
- Nuts, seeds, pinto beans, and red kidney beans
- Tofu and soy milk
- Broccoli, kale, bok choy, turnip greens, and mustard greens
- Black strap molasses

Vitamin D is necessary for proper calcium absorption.

Food sources of vitamin D are scarce; tuna and salmon are two of the best. You can also find it in fortified products such as milk, milk alternatives, and orange juice. Our bodies can also produce vitamin D with exposure to sunlight in the summer.

Protein makes up about 50% of the bone structure. Adequate protein intake is associated with greater bone density.

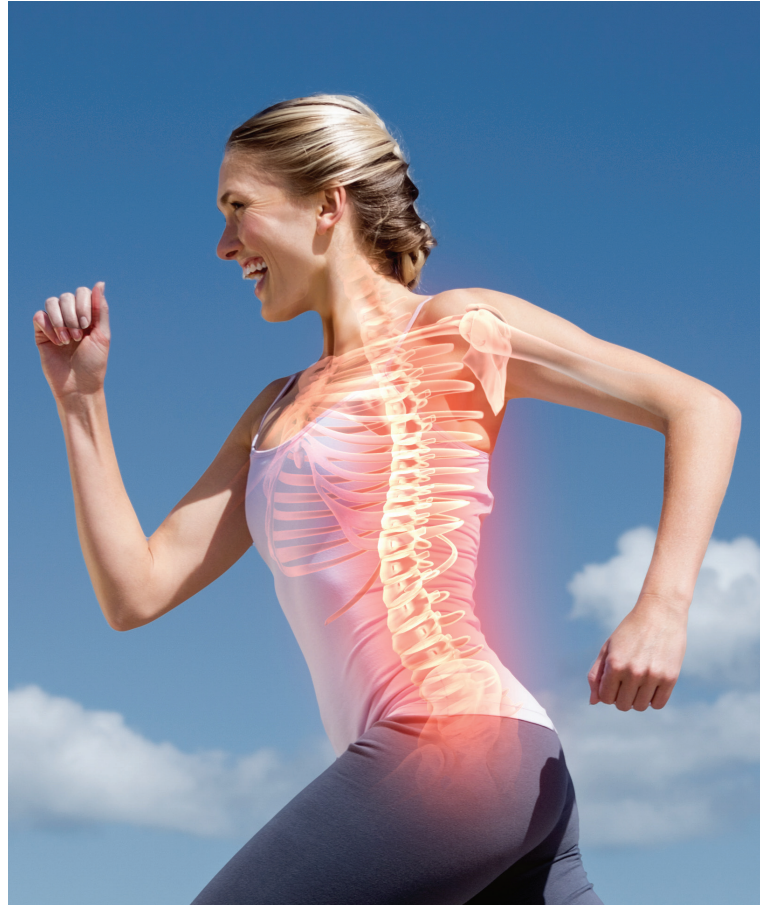
Find it in:

- Fish, meat, poultry, and dairy products (choose low-fat varieties)
- Eggs, beans and nuts

Vitamin K is necessary for the transport of calcium and the binding of calcium to bone.

Find it in:

- Green leafy vegetables, such as kale, spinach, turnip greens, collards, Swiss chard, mustard greens, parsley, romaine, and green leaf lettuce
- Vegetables such as Brussels sprouts, broccoli, cauliflower, and cabbage
- Fish, liver, meat, eggs, and cereals (contain smaller amounts)



Magnesium, vitamin C, vitamin A, potassium, and fluoride are also important for bone health. To make sure you're getting enough, eat a diet rich in colorful fruits and vegetables, whole grains, beans, lean meats, and dairy.

NUTRIENTS THAT HINDER BONE HEALTH

Sodium is associated with osteoporosis when eaten excessively because it can increase calcium loss.

Phosphorus works with calcium to build bone; however, too much phosphorus can result in bone loss. To maintain a healthy phosphorus level, avoid eating too many foods that use phosphates as a preservative. Sodas also contain high levels of phosphorus. Try to limit dark colas since they are associated with lower bone density.

Caffeine is associated with lower bone density when consumed in excess (over 300mg/day).