

How Can I Keep My Bones Strong?



American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org

The foods you eat can affect your bones. Eating a healthy diet and being physically active helps keep bones strong.

Why are strong bones important?

Each year about one-third of people over age 65 will fall. Many of these falls result in broken bones. As you get older, you lose some bone mass. Eating a healthy diet helps prevent bone loss and reduces your risk of fracture.



What should I do to keep my bones strong?

- **Eat a variety of foods. Include:**
 - Vegetables
 - Fruits
 - Whole grains like whole wheat bread, oatmeal and quinoa
 - Low or non-fat dairy products like milk and yogurt
 - Nuts and seeds
 - Eggs and tofu
 - Fish, chicken and lean beef
- **Eat foods high in:**
 - Calcium
 - Vitamin D
 - Magnesium
 - Protein
- **Do physical activities like:**
 - Walking, yoga, dancing, basketball, soccer, karate, running, tennis
- **Avoid smoking**

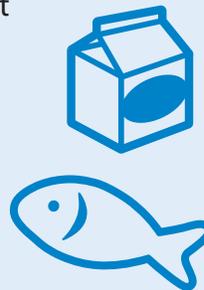
FOOD SOURCES OF CALCIUM

- Low or non-fat milk
- Low or non-fat yogurt
- Cheese
- Tofu
- Sardines, with bones
- Kale
- Collards
- Cabbage
- Broccoli
- Fortified juice
- Almonds



FOOD SOURCES OF VITAMIN D

- Low or non-fat milk, fortified
- Salmon
- Mackerel
- Sardines
- Mushrooms
- Cereal, fortified
- Fortified juice



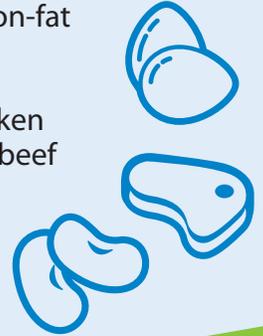
FOOD SOURCES OF MAGNESIUM

- Whole grains
- Nuts and seeds
- Beans
- Avocado
- Eggs
- Tofu
- Sweet potato
- Tomatoes and tomato products
- Dark chocolate



FOOD SOURCES OF PROTEIN

- Low or non-fat Milk
- Eggs
- Fish, chicken and lean beef
- Nuts
- Tofu
- Beans



MORE ABOUT BEANS

Beans contain many bone healthy nutrients. But, they are also high in phytates. Phytates keep your body from absorbing calcium. To cut down on the phytate level:

- **Soak beans in water for a few hours**
- **Drain the beans**
- **Cook the beans in fresh water**



WHAT DOES FORTIFIED MEAN?

Fortified means a food has extra vitamins and minerals added. Some foods have extra calcium or vitamin D added to them. These foods include cereal, fruit juice and milk.



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Are there any things that are not good for my bones?

Yes. Some foods and drinks may cause you to lose calcium. Use this as a guide:

- **Salt**
 - Limit to 1 teaspoon or 2300 mg per day. The biggest source of salt is processed and restaurant foods. Foods like pizza, canned foods, fast food and bread contain sodium. Not adding salt when cooking or eating also helps.
- **Alcohol**
 - Limit per day:
 - For women, up to 1 drink.
 - For men, up to 2 drinks.
- **Coffee/Tea**
 - Drinking more than 3 cups of coffee or 300 mg of caffeine per day may cause bone loss.
- **Soda**
 - Soda can cause your body to lose calcium. Instead of sodas, drink water and calcium and/or vitamin D fortified drinks such as low or non-fat milk, yogurt-based drinks and fortified juice.



A NOTE ON SUPPLEMENTS

It is best to get nutrients from food. If you eat a variety of foods, you should get nutrients from what you eat. If you're not getting enough nutrients, you may need a multivitamin and mineral supplement. Talk to your doctor to see if a supplement is right for you.



Quick snack ideas for strong bones

- Cheese and apple
- Baby carrots with peanut butter
- Broccoli with yogurt dip
- Whole grain cereal and low or non-fat milk
- Banana and almonds
- Yogurt and fruit
- Oatmeal with pumpkin seeds and fruit
- Whole wheat toast and avocado
- Lettuce wrap with leftover chicken
- Asparagus wraps with cheese and lean steak
- Hard-boiled egg and fortified orange juice
- Whole wheat crackers and tuna or salmon salad

USE THE FOOD LABEL TO COMPARE FOODS

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

Number of Servings

One container may be more than one serving.

Serving Size

The information on the label is for this amount of food or beverage.

Choose foods with less sodium.

Choose foods with more calcium and vitamin D.

High sources are 20% or more.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.