

VITAMINS & MINERALS for BONE HEALTH

CALCIUM, 1200 mg daily

HOW TO GET IT:

Dairy (milk, yogurt, cheese)

Some dairy alternatives (check label)

Dark green leafy veg

(bok choy, kale, broccoli, collards)

Sardines

Salmon

Almonds

Beans (white, pinto, red)

Chia seeds

Figs

Oranges

Sesame Seeds

Tofu

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VITAMIN D , 800-1000 IU daily

HOW TO GET IT:

The sun (causes our bodies to produce our own vitamin D)

Fatty fish

Fortified calcium rich foods like milk and orange juice

Egg yolks

Cheese made from fortified milk

VITAMINS & MINERALS for BONE HEALTH

MAGNESIUM, 400 mg/daily

HOW TO GET IT:

Dark green leafy vegetables
(spinach, chard)

Pumpkin seeds

Nuts (Brazil nuts, cashews, almonds,
hazelnuts)

Legumes and beans (lima beans,
chickpeas)

Whole grains

Avocados

OTHER RECS FOR STRONG BONES

Exercise, including weight training

Don't smoke

If you drink alcohol, keep it at 1 drink per day, which is the general recommendation for women

Maintain a healthy weight