



# Nutrients for Bone Health



**Calcium and vitamin D keep your bones strong!**

## Food Sources of Calcium:

- Low-fat milk, yogurt, and cheese
- Kale, broccoli, and Chinese cabbage
- Canned sardines and salmon
- Breads and pastas
- Fortified breakfast cereals and fruit juices

## Food Sources of Vitamin D:

- Fatty fish such as salmon, tuna, and mackerel
- Beef liver, cheese, and egg yolks
- Fortified ready-to-eat breakfast cereals

## What do Calcium and Vitamin D do for Your Body?

Osteoporosis, or low bone density, can result from inadequate consumption of calcium and vitamin D and increases your risk for bone fractures. Most of the calcium in your body is used to support bone structure and function, and vitamin D is important because it helps the body absorb calcium. Low intake of calcium and vitamin D increases your risk for osteoporosis and bone fractures.

## Exercise Can Improve Bone Health!

- 30 minutes of physical activity per day is recommended for all adults
- Weight-bearing activities, like walking, running, and dancing, and resistance exercises, like lifting weights, can help improve the strength of your bones
- Exercise can also improve your muscle strength and your balance to help prevent falls and fall-related fractures

## Calcium Rich Burrito!

### Ingredients:

- 2-3 oz. lean meat (chicken, beef, or pork)
- ¼ cup salsa or canned tomatoes
- 1 cup kale, spinach, collard greens
- 1/3 cup low-fat shredded cheese
- 1 large whole wheat tortilla

### Preparation:

- Cook meat in pan (or reheat in microwave)
- Put meat, salsa and vegetables in tortilla
- Sprinkle with cheese

## Great for leftovers!

Recommended Dietary Allowance		
	Calcium	Vitamin D
Men aged 51 years and older	1,000 mg	600 IU
Women aged 51 years and older	1,200 mg	600 IU